

Mindfulness Instruction Week 1

Welcome	House keeping Confidentiality
Introductions	Share in small groups (2-3) What are your best hopes for the course?
Group Exercise	What do the terms <i>mindfulness</i> / <i>compassion</i> mean to you?
Introduce Facilitators	Our mindfulness journey: why it began and why it's still happening.
Simple Exercise	Mindful listening to the bell. (Strike bell / tingsha and listen to sound until it is gone)
Coffee Break	
Introduction to mindfulness	Power point and handouts: what mindfulness is, and what it isn't.
Practice	Body scan: hands only. Inquiry.
Practice	Raisin exercise: Engaging the senses using mindfulness. <ul style="list-style-type: none"> • What does it look like? • What does it feel like? • What does it smell like? • What does it taste like?
Short Presentation	Alan Watts.
Plenary	General feedback.
Handouts	Homework sheet: MBCT diary, instructions on completion. Power point presentation handout.

Mindfulness Instruction Week 2

Welcome	
Whole group discussion	<p>Feedback on previous week's practice:</p> <ul style="list-style-type: none"> • What went well? • Any difficulties? <p>MBCT Diary: Discussion</p>
Small group activity	Where can you apply mindfulness in every day life (daily tasks)
Power point presentation	"Applying mindfulness in every day activities". Followed by Q & A.
Introduction to three minute breathing space	Explanation and practice.
Introduction of 'pleasant experiences' work sheet	MBCT handout.
Coffee Break	
Practice	Body scan: upper body. Inquiry.
Practice	Siting meditation: where are your thoughts? Inquiry.
Practice	Introduction to 'six moves': Qi Gong as mindful movement.
Plenary	General feedback.
Handouts	<p>Three minute breathing space</p> <p>Pleasant experience sheet</p> <p>Mindful movement sheet</p>

Mindfulness Instruction Week 3

Welcome	Three minute breathing space / settling in.
Whole group discussion	Feedback on previous week's practice: <ul style="list-style-type: none"> • What went well? • Any difficulties? Feedback from 'pleasant experience' sheet. MBCT Diary: Discussion
Practice	Loving kindness meditation <ul style="list-style-type: none"> • Think about a time you felt loved (how did this feel?) • Offer these feelings to others through meditation (loved ones, acquaintances, a stranger, the self) • Inquiry
Presentation	Gratitude video: Kristen Neff
Coffee Break	
Introduction of 'unpleasant experiences' work sheet	MBCT handout
Practice	Body scan: full body. Inquiry.
Practice	Siting meditation: awareness of sound. Inquiry.
Practice	Mindful movement.
Plenary	General feedback.
Handouts	Unpleasant experience sheet

Mindfulness Instruction Week 4

Welcome	Three minute breathing space / settling in.
Whole group discussion	<p>Feedback on previous week's practice:</p> <ul style="list-style-type: none"> • What went well? • Any difficulties? <p>Feedback from 'unpleasant experience' sheet. MBCT Diary: Discussion</p>
Practice	<p>Walking / Outdoor meditation</p> <p>Pairs: Lead you partner (with their eyes shut) around garden, exploring different environments (5 minutes each)</p> <ul style="list-style-type: none"> • What did the environment feel like? • What emotions did the exercise generate? • What thoughts were present? <p>Individuals: Silent mindful walk (10 minutes)</p> <ul style="list-style-type: none"> • What did you notice? (Thoughts, Sensations, Emotions) <p>Select an object to discuss.</p> <ul style="list-style-type: none"> • What took your attention to this object?
Reflective discussion	Walking meditation.
Coffee Break	
Practice	Body scan: full body. Inquiry.
Practice	Siting meditation. Inquiry.
Practice	Mindful movement.
Plenary	General feedback.
Handouts	

Mindfulness Instruction Week 5

Welcome	Three minute breathing space / settling in.
Whole group discussion	Feedback on previous week's practice: <ul style="list-style-type: none">• What went well?• Any difficulties? MBCT Diary: Discussion
Small group discussion	Emotions, sensations and thoughts. <ul style="list-style-type: none">• What is an emotion?• What is a sensation?• What is a thought? "What is the difference?"
Reflective discussion	What people were aware of and whole group discussion.
Coffee Break	
Practice	Siting meditation. Inquiry.
Practice	Body scan: full body. Inquiry.
Short video	Eckhart Tolle
Practice	Mindful movement
Plenary	General feedback.
Handouts	

Mindfulness Instruction Week 6

Welcome	Three minute breathing space / settling in.
Whole group discussion	Feedback on previous week's practice: <ul style="list-style-type: none">• What went well?• Any difficulties? MBCT Diary: Discussion
Seminar	Building a compassionate self image Placebo and nocebo effects
Reflective discussion	What people were aware of and whole group discussion.
Practice	Chocolate meditation (exploring sensations).
Coffee Break	
Practice	Siting meditation with bells (5 minute break). Bringing our awareness back to the present moment through sound. Inquiry.
Practice	Body scan: full body. Inquiry.
Practice	Mindful movement
Plenary	General feedback.
Handouts	

Mindfulness Instruction Week 7

Welcome	Three minute breathing space / settling in.
Whole group discussion	Feedback on previous week's practice: <ul style="list-style-type: none">• What went well?• Any difficulties? MBCT Diary: Discussion
Small group activity	What daily activities deplete your energy? How can you implement mindfulness to energise yourself?
Seminar	Mindfulness and the brain.
Reflective discussion	What people were aware of and whole group discussion.
Short video	Eckhart Tolle: The power of now.
Coffee Break	
Practice	Body scan: full body. Inquiry.
Practice	Siting meditation (encourage eyes open technique) Inquiry
Practice	Mindful movement: Qi Gong
Plenary	General feedback.
Handouts	

Mindfulness Instruction Week 8

Welcome	Three minute breathing space / settling in.
Whole group discussion	Feedback on previous week's practice: <ul style="list-style-type: none"> • What went well? • Any difficulties? MBCT Diary: Discussion
Small group discussion	Ideas of how to keep mindfulness in our daily lives.
Seminar	So what builds well-being? Intelligence kindness, awareness of thoughts, self compassion, being in the 'now' - noticing what is going on.
Reflective discussion	What people were aware of and whole group discussion.
Whole group discussion	How to continue being mindful? <ul style="list-style-type: none"> • Taking mindfulness into our lives • Overcoming barriers • Resources available e.g. apps, CDs, books • Planning
Short video	Dan Harris
Coffee Break	
Practice	Body scan: full body. Inquiry.
Practice	Siting meditation with poem Inquiry
Practice	Mindful movement
Plenary	General feedback.
Handouts	<ul style="list-style-type: none"> • WEMWBS • Course evaluation