

MINDFULNESS – 6 WEEK COURSE

Course delivered by Louise Martin, BAMBA accredited mindfulness teacher.

1. Waking up to the Autopilot

Introducing Mindfulness
Raisin/Small Object Practice
What is Mindfulness & How can it benefit you

2. Mindfulness of Breath: Stage 1

Introduction to Mindful Breathing
Breathing Meditation (Settling the Mind)
The Breath as a way to stay present
Setting Home Practice

3. Mindfulness of Breath: Stage 2

Working with Thoughts in Meditation
Breathing Meditation (Settling & Grounding)
How Breathing Coherently can help to Calm our Nervous Systems
Setting Home Practice

4. Mindfulness of Thoughts: Stage 1

Neuroscience – why the mind does what it does
Becoming the watcher of thoughts
Breath & Body Meditation
Setting Home Practice

5. Mindfulness of Thoughts: Stage 2

Relating Differently to Thoughts & Worries
Thoughts are not Facts Practice
Mindfulness of Thoughts Meditation
Setting Home Practice

6. Turning Towards Kindness

3 Circles Model: From Harshness to Kindness & Compassion
Recognising self-critical habits & patterns
Practising Kindness: Befriending Meditation
Setting Home Practice
Making the most of the last two weeks