

## OUR MINDFULNESS TRAINING

At the Mindfulness Association we offer four levels of Mindfulness training:

**LEVEL 1 – BEING PRESENT** - This is the entry point to our Mindfulness training pathway. It is also the prerequisite for entering our Mindfulness teacher training pathway. It takes place over 4 weekends over a 9 month period.

**LEVEL 2 – RESPONDING WITH COMPASSION** – This course follows on from the Level 1 training and develops our Mindfulness practice by cultivating an attitude of Compassion to ourselves and others. It takes place over 3 weekends, or 1 weekend and a 5 day retreat, over a 6 month period.

**LEVEL 3 – SEEING DEEPLY** – This course follows on from the Level 2 training and further develops our Mindfulness practice by supporting an exploration of the unseen habitual patterns of thought and behavior that drive us. It takes place over 3 weekends, or 1 weekend and a 5 day retreat, over a 6 month period.

**LEVEL 4 – MINDFULNESS FOR LIFE** – This course follows on from the Level 3 training and is designed to support Mindfulness practitioners in their ongoing practice, year by year. It involves the development of a personalised Mindfulness practice plan for the year and supports ongoing practice as part of a community of practitioners. It takes place over 2 weekends and a 5 day retreat, each year.



WE BELIEVE  
THAT MINDFULNESS  
IS A LIFE LONG JOURNEY

We provide long-term training and  
ongoing support for our community  
of Mindfulness practitioners

## COURSE LOCATIONS

SAMYE LING – near Lockerbie in Scotland  
EDINBURGH – GLASGOW - ABERDEEN  
NEWCASTLE – MANCHESTER - CARDIFF  
LONDON – SCARBOROUGH  
BIRMINGHAM  
ITALY, POLAND & BELGIUM

## ABOUT MINDFULNESS

Mindfulness is an innate capacity of the mind to be aware of the present moment in a non-judgmental way. It can be developed through systematic training and promotes a way of being that helps us take better care of ourselves and others, and lead healthier lives. It enables us to access inner resources for coping effectively with stress, difficulty and illness. Mindfulness is based on Buddhist meditation techniques, but the training offered is entirely secular.

## OUR TRAINERS

Our trainers meet the UK Good Practice Guidelines for Mindfulness Teachers and are all long term committed Mindfulness meditation practitioners. In addition to this they are all trained in Compassion and so are equipped to be sensitive to and respond skillfully to any personal challenges that may arise in your Mindfulness practice.



MINDFULNESS  
ASSOCIATION

Finding freedom in our minds to  
flourish in our lives



LEVEL 1 MINDFULNESS  
TRAINING

BEING PRESENT

[www.mindfulnessassociation.net](http://www.mindfulnessassociation.net)

## ABOUT THE MINDFULNESS ASSOCIATION

At the Mindfulness Association we recognise how Mindfulness frees us from the conditioning that governs and limits our lives. This results in the flourishing of our human potential to make choices about how we live in connection with ourselves and our world. We help people to transform their lives by training them in being present, responding with compassion and seeing deeply their habitual patterns of thoughts, feelings and behaviours.

Our objectives are to offer high quality long term trainings in Mindfulness, which help people to establish a regular and effective mindfulness practice and which help people to bring mindfulness into all aspect of their daily lives.

## LEVEL 1 BEING PRESENT

## LEVEL 1 MINDFULNESS TRAINING – BEING PRESENT

This course is an introduction to the foundations of Mindfulness, which is suitable for beginners and for those who already have a Mindfulness practice.

Participants will be taught progressive skills in Mindfulness through presentations, guided practice and smaller group sessions. A strong emphasis is placed on experiential learning, and for this reason there are home assignments between weekends that include regular mindfulness practice, daily life exercises and journal writing.



## WEEKEND ONE – START WHERE YOU ARE

Mindfulness is defined as paying attention to our moment by moment experience in a way that is non-judgmental and kind.

We are initiated into this graduated process through the core practices of settling, grounding, resting and mindfulness support. We also practice bodyscan and walking meditation and simple practices for integrating mindfulness into daily life. We simultaneously work on developing kindness as a basis for self-compassion.

## WEEKEND TWO – NOTICING DISTRACTION

Having had the opportunity to practice settling, grounding, resting and support on a daily basis since Weekend One, we are now in a position to become more familiar with how the mind moves and the unique pathways of habit it follows. We become increasingly familiar with the changing dynamic of mindfulness and distraction, and begin to see how distraction reveals an inner world of habitual patterning that ensnares our energies. We also begin to recognize attitudes of preference - like and dislike - and see how they narrow and contract our awareness, imprisoning us. In this context we are referring to our habitual reactions driven by conditioning, not informed choices based on intelligent discernment.

## WEEKEND THREE – SELF-ACCEPTANCE

Throughout our training we are working in two areas - redirecting our attention to the present moment by using a mindfulness support, while at the same time learning to accept the diverse range of our inner experience. Part of mindfulness practice is learning to work with strong emotions that arise and developing the capacity to 'hold' difficult experiences within body and mind. Identifying our reactive patterns of preference reveals how working on attitude is all important, and so, through training in acceptance we learn to acknowledge and come to terms with difficult thoughts and emotions by paying them close attention with a kind and inclusive attitude. This leads to a gradual dis-identification with the contents of our experience and shift in perspective in which we come to see that we are not our thoughts.

## WEEKEND FOUR – UNDERCURRENT AND OBSERVE

During this module we bring together all the themes from the previous three modules and help participants set up an ongoing mindfulness practice for going forward in their lives.

At this point we explore the model of 'undercurrent and observer' as a way of mapping out the inner landscape of our mind and identifying where change can take place. The 'undercurrent' refers to the continuous stream of thoughts, emotions, memories and images that stream through our mind moment by moment, whether we like it or not. The 'observer' refers to that part our mind that sees the undercurrent and has the capacity to reflect on itself. As our practice deepens we learn to step out of the undercurrent and simply leave it alone. Instead, we focus on working with the attitudes of preference in our observer as this is where genuine change can take place.

**For more information, please contact:**

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