

The 6-week Mindfulness Foundation Course

Course content

The course begins with an introduction into the nature of mindfulness, how it works, the evidence for its efficacy, and an introduction to what's happening in the brain when you meditate. You will have access to online materials which back-up the teaching, including videos, guided meditations, and other exercises including the suggestion to keep a journal.



Week 1 -introduces the core mindfulness practices, which includes mindful breathing and mindfulness of body feelings. You will be encouraged to establish a daily practice for the duration of the course which involves, to begin with, just finding five minutes morning and evening in which to practice, in a quiet place. You will also be encouraged to integrate what you learn into everyday activities.

Week 2 explores mindfulness in movement. You can find your own preferred activity, which could just be developing a set of yoga stretches, and you will learn slow walking which can then be speeded up so that wherever you go you can be practising mindfulness.

Week 3 focuses on exploring how we connect with other people and with the earth. In the process you will develop a gratitude practice, which turns the mind to positivity. In the class you learn the 10 second reboot, which is an effective stress busting tool. We'll also explore good sleep patterns and how diet and gut health is critical to mental well-being.

Week 4 is about managing interactions with other people. We will talk about mindfulness and communication modes, developing your innate potential for kindness and compassion, and increasing emotional intelligence.

Week 5 helps us with managing difficulties. We'll talk about leaning-in with curiosity, reframing difficult situations, and getting perspective.

Week 6 is about developing healthy habits and routines that you can take into the rest of your life, reviewing what you've learned, and what you might want to do next to develop and embed your practice.