

For those people who do not live within reach of an MBSR group course, we offer a Distance Learning Mindfulness Course, where you can access mindfulness teaching from your own home.

You will have a weekly link of 45 minutes on the phone (or Skype if you prefer to be face to face) with a mindfulness teacher who will guide you through the learning of the 8-week programme. Practice CDs, learning materials and an outline of each week's home practice will be posted to you at the beginning of the course.

Home practice forms a crucial part of the programme so you will need to set aside enough time and space every day. You will be:

- Practising meditation, following the guidance on CD (30 minutes a day) and taking a few minutes to make a brief note of what you noticed.
- Undertaking some informal / daily life practices (which can be done as part of your routine and ordinary activities) and making a few jotted notes about these.

There is no detailed reflection needed in the notes we ask you to make, they are simply a brief reminder (and for your eyes only) so that you can discuss this home practice in your weekly sessions.

## Summary of the course

The course teaches us:

- more helpful ways to respond to our moods and emotions.
- how to take better care of ourselves and promote our own general well-being
- a way of being that helps us in daily living, and when we encounter physical, mental, social and emotional difficulties

The focus of the mindfulness practice is to learn to be aware of the small changes in the physical sensations in your body; what is happening in the world around you (using your physical senses) and your thoughts, emotions and moods.

The course programme encourages us to be fully aware of our experiences from moment to moment, whether they are good or bad, pleasant or unpleasant, and teaches us ways to access our own deep wisdom and resourcefulness and replace our (often unhelpful) automatic reactions with skilful (and more helpful) responses. In this way, the course can be helpful in dealing with ongoing difficulty, helping us to see that the problem may be unchangeable, but that learning to relate to it differently can bring about new perspectives and possibilities.

It can be challenging to learn a new set of skills, and potentially stressful to find the time to practice. During the course, some sensations and emotions may feel more intense than usual. Mindfulness encourages us to bring a high degree of attention to everything, even the unpleasant or difficult things we are experiencing, as they arise. This is an important part of the learning, developing the ability to stay and be with problems and difficulties, rather than avoid them, deny them or suppress them.

The course does not focus on any current or past personal problems, but on the practices and the learning that comes from the experience of practising. You will be encouraged and facilitated to step out of the story and explore a new way of responding.

Once you have completed the course you will be able to join our on-line forums and attend events for mindfulness course graduates that will help you to maintain your practice, including All Day sessions – which run 2-3 times a year near Newcastle. There is no charge for these sessions – but participants are invited to make a voluntary donation.

## Cost

The total cost of this programme is £595 including VAT. There are some concessionary places available.

This includes

- Initial phone session with your teacher to orientate you to the course.
- 8 x 45 minute weekly phone calls (at pre-scheduled times)
- Teacher support between sessions
- Workbook
- Practice CDs
- Opportunity to come to practice day sessions free of charge during and after the end of the course (these take place 2-3 times a year)

The cost of the calls is not included in the course fee, so you will be responsible for contacting your teacher at the agreed times.