



Mindfulness Now	
<p>Week 1</p> <p>Waking up</p> <ul style="list-style-type: none"> • Introductions • Participants and group needs • Raisin meditation • Why mindfulness now? • Introduction to the mindfulness attitudes • Sitting meditation – mindfulness of breath • Formal and non-formal mindfulness 	<p>Homework:</p> <ul style="list-style-type: none"> • Practice sitting meditation – mindfulness of breath (10 mins daily) • Eat at least 1 meal mindfully • Try and carry out one other daily activity in a mindful way • Reflect in journal
<p>Week 2</p> <p>Awareness of our bodies</p> <ul style="list-style-type: none"> • Body scan meditation • Reflect on week 1 homework • Understanding thoughts and feelings – walking down the road exercise • Introducing The breathing space 	<p>Homework:</p> <ul style="list-style-type: none"> • Practice brief body scan – (20 mins 5 out of 7 days) • Practice 1 non-formal mindfulness activity daily • Practice the breathing space (three times daily) • Reflect in journal
<p>Week 3</p> <p>Focus on the body – moving</p> <ul style="list-style-type: none"> • Mindfulness of movement • Reflection on week 2 homework • Sitting meditation of breath and body • Learning that change takes time 	<p>Homework:</p> <ul style="list-style-type: none"> • Mindfulness of movement (20 mins, 5 out of 7 days) • Breathing space (3 times daily) • Complete unpleasant event diary (1 entry daily) • Reflect in journal

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<p>Week 4</p> <p>Choosing how you react</p> <ul style="list-style-type: none"> • Mindful walking • Reflection on week 3 homework • Breathing space – responding to unpleasant thoughts and events • Sitting meditation of sounds and feelings • Checklist of negative thoughts 	<p>Homework:</p> <ul style="list-style-type: none"> • Mindful walking (15 to 20 mins daily) • Sitting meditation with thoughts and feelings (alternate days with mindful walking) • Practice breathing space (3 times daily) • Reflect in journal
<p>Mindfulness Now</p> <p>Week 5</p> <p>Being with what is difficult</p> <ul style="list-style-type: none"> • Sitting meditation – breath, body, thoughts and feelings • Reflection on week 4 homework • Stopping unwanted thoughts • Exploring difficulty – meditation • Breathing space with action step 	<p>Homework:</p> <ul style="list-style-type: none"> • Sitting meditation – breath, body, thoughts and feelings (20 mins 5 out of 7 days) • Practice stopping unwanted thoughts – when necessary • Practice exploring difficulty meditation – when necessary • Practice breathing space with action step – when necessary • Reflect in journal
<p>Mindfulness Now</p> <p>Week 6</p> <p>Making meaning out of thoughts and feelings</p> <ul style="list-style-type: none"> • Mountain meditation • Reflection on week 5 homework • Resilience and mindfulness • Sitting meditation – full sequence 	<p>Homework:</p> <ul style="list-style-type: none"> • Practice sitting meditation – full sequence (30 mins daily) or chose own meditation, including the mountain • Continue practicing the breathing space (3 times daily) • Reflect in journal

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<p>Mindfulness Now Week 7</p> <p>Accepting silent space</p> <ul style="list-style-type: none"> • The lake meditation • Reflect on week 6 homework • How can I look after myself – Nourishing and depleting activities with discussion • Doing something pleasant after breathing space – exercise • Allowing silence in our meditation practice 	<p>Homework:</p> <ul style="list-style-type: none"> • Practice any meditations, without audio recordings (30 mins daily) • Practice silent meditation (10 mins, 3 times during week) • Practice Doing something pleasant after breathing space – exercise, as required • Reflect in journal
<p>Mindfulness Now Week 8</p> <p>The power of compassion</p> <ul style="list-style-type: none"> • Loving kindness meditation • Reflection on week 7 homework • Re-visiting the body scan • Values and beliefs exercise – Wheel of life • How to make mindfulness part of your life from now on – discussion • Staying mindful at work – discussion • Reviewing what you have learned • Congratulating yourself and the others on your course 	