



# Breathing Space

the learning and development journal  
for all mindfulness teachers & therapists

Winter/Spring Issue 2023

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# Welcome to our Winter edition of Breathing Space 2023

Hi everyone and I hope your 2023 has got off to a good start! And welcome to our first edition of Breathing Space of the New Year.

To kickstart this edition, we're reminding you about the importance of attending Continuing Professional Development events and offer up two or three options that we hope you'll consider joining. And, of course, details of all our CPD can, as always be found on the back cover. There's something for everyone but do please book soon as places are strictly limited.

Then we have an article by Angela Meringolo which I'm sure you'll enjoy, all about the importance of Verbalising Gratitude, one of the nine attitudes of mindfulness. You might remember Angela running one of our Mindful Monday sessions just before Christmas. It went down very well with everyone!

And do you remember our Mindfulness Now get-together back in May last year? This was a big success and we're hoping to build on the experience and do it all again in 2023 so there's a feature on our Celebration Day, providing all the information you'll need.

Then we have two lovely articles by Maria Dunne and Melanie Rosser, showing the power of working with animals (horses to be specific) and being in nature.

And Reni Brown writes a fascinating article on Trauma Sensitive Mindfulness. A really useful read.

We also have a photo feature on the venues where our Mindfulness Now trainers in Oxford, London, Manchester and Edinburgh deliver their courses. A couple of recent claims to fame here too!

We also include a book review and, as I said, details of all our up-coming CPD courses towards the end.

As always, may I take this opportunity to thank everyone who has contributed to this issue and invite you all to write and submit an article or book review of your own. It'll be really good to have your contributions. Thank you.

Enjoy!

Please submit your articles to

info@mindfulnessnow.org.uk

Rachel Broomfield - Editor - Breathing Space



## Breathing Space

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Publisher

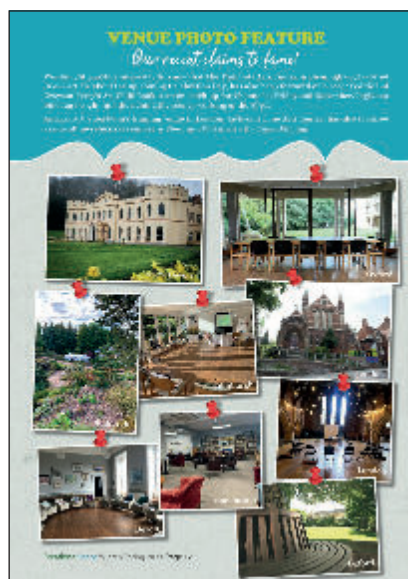
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# How's Your CPD Going?



This should whet your appetite!

Remember that attending regular CPD and Supervision is important for keeping your skillset fresh and up to date. It's also a requirement of many professional bodies including the Mindfulness Teachers' Register and National Council for Hypnotherapy. More information of these and other CPD events can be found on the back page.

## Mindfulness and Buddhism

**Tony O'Shea Poon**

**Sunday 26th February 2023**



Tony says: "As mindfulness teachers, many of us will refer to Jon Kabat-Zinn, the 'father of contemporary, western mindfulness programmes'. His secular mindfulness is now taught in health settings, schools and workplaces across the world.

Jon Kabat-Zinn actually learned mindfulness from several Zen Buddhist

teachers, including Thich Nhat Hanh. In an essay in 2017, he said that 'the mainstreaming of mindfulness has always been anchored in the ethical framework that lies at the very heart of the original teachings of the Buddha'. Rachel says: Our teaching can be greatly enriched by sharing this ancient philosophy that still holds so much value for our lives today."

Tony – Bookings can be made here - [Classes and Courses - Mindful Me](#)



# The Official Mindfulness Now 8-week Course

Rachel Broomfield - March/April 2023



Mike Tibble, one of the course participants, says: “As a result of doing Rachel’s 8-week course, I have a much clearer understanding of the materials and how the different parts complement each other, for example, theory, meditations, enquiry, movement, walking,

poems and metaphors. It all makes much more sense now! I’ve also noticed that my daily personal practice has deepened as I’ve tried different techniques, in particular mindful movement, and walking.”

For more information please contact Rachel here - <http://www.rmbhypnotherapy.com/booking-8-week-course>

## Mindfulness with Teenagers and Young People

Rachel Ashcroft - Saturday 22nd April 2023



Rachel says: “For many, the thought of working with children can be a scary prospect. In my experience, working to support teenagers is one of the most rewarding things I’ve ever had the privilege of doing. Is it always easy and straightforward? Of course not. But is it worth it? Absolutely!

One thing I always remind those I work with who are looking to support the youth generation is that it’s not necessarily the content that we need to adapt for our teens, but it’s the way in which we deliver that content that makes ALL the difference.”

Bookings can be made here – <https://mindfulnessnowmanchester.org.uk/product/mindfulness-with-teenagers-cpd-online-22nd-april-2023/>

## Mindful Yoga

Aston Colley –Saturday 27th May 2023



Aston says: “What do I mean by Mindful Yoga? It is Yoga more concerned with perceiving sensation and our response to it. Very different from western type gym Yoga more concerned with striving and performance. This Yoga exotica may look good on

Instagram but has little to do with discernment. Both performance and exercise have important places in our lives but what we call mindful yoga sets out to reduce suffering and to do that we have to be able to discriminate sensation and respond appropriately.”

Bookings can be made here - Mindfulness Yoga Workshop – May 27th 2023 Online – <https://mindfulnessnowoxford.org.uk/training-course/continuing-professional-development-cpd/mindfulness-yoga-workshop-may-27th-2023-online/>

*“Great things happen to those who don't stop believing, trying, learning, and being grateful” - Roy T. Bennett*



# Verbalising Gratitude

Why is it so important to say the words 'thank you' out loud?

Angela Meringolo



I have started to say many more meaningful “thank yous”. For all the little things... In a way, I have become more generous with my time, to allow these moments to happen.

**W**hen we speak, a miracle happens. With the sound of our voice, what is said becomes “real”, becomes audible and, in a way, “visible” to the listener/s. What we say is not just a thought in our head anymore, but its affirmation. It’s not just an idea, it’s a shared idea. Our voice has the great power of communicating theories, notions, concepts and perceptions.

And that’s why it’s so important to use this powerful tool.

For a long time, I kept a gratitude diary where I wrote every evening three things that happened to me (or that I made happen) during the day and that I was grateful for. As I learned to notice more the positives in life rather than the negatives, this exercise literally transformed me from a pessimist into an optimist. And when, after a few months, I read back all the old entries from the diary, I felt overwhelmed with joy realising how my life was full of

blessings and people who cared for me. It had a very strong impact on me as well as the people around me.

Recently, I have read about this idea, for couples to keep their love strong, to have “magical moments”. Have just 10 seconds every day to hug each other and acknowledge together something they are grateful for, that they have experienced or witnessed together. I found that simple idea so powerful. And why not extend it outside the couple? Why not practice it with all the people we live with? This would be something very similar to saying prayers before dinner, being thankful for the food on the table. And why not extend it outside of the family circle? Maybe not on a daily basis, probably without the hugging or hand holding, but why not externalise our positive thoughts of gratitude to others, and especially acknowledge their contribution to them?

So, I have started to say many more meaningful “thank yous”. For all the little things. Thanking someone who corrected me, because they made me grow by





pointing my mistakes. Thanking the friend who called me, because he/she made me feel loved. Thanking all the people who, just by doing their job, have helped me, providing me goods and services I need. In a way, I have become more generous with my time, to allow

“Gratitude can turn a negative into a positive. Find a way to be thankful for your troubles, and they can become your blessings”  
- Anonymous

these moments to happen, taking the time to reflect on the positive effect of the action of others and taking the time to let them know, even at a later time, if it is not immediately possible.

Maybe I say just as many thank yous as before, but I now put more meaning into those words. “Thank you”. I make a point to really stress them and look the receiver in the eyes, and explain why I am thanking them. And seeing the smile on their face, knowing the good feeling they experience when they are acknowledged: that is very precious. It’s us demonstrating our awareness of others and manifesting the harmony of the universe.

Thank you for reading my article.

Angela Meringolo is Italian/British and is based in London. She became a Mindfulness Now teacher in July 2021. She has a clerical job in marketing, where she is also a Mental Health First Aider and has run mindfulness sessions for colleagues. She loves poetry and walking in nature.

<https://www.mindful-with-angela.com/>







## Celebration Day 2023!

Make a date - Thursday May 11th 2023. See you there!

Another coming together  
to celebrate the successes  
of our students and  
graduates.

In May last year, Mindfulness Now had its first informal, face to face social gathering at the Midlands Arts Centre, Birmingham.

The day greeted us with warmth and sunshine, and not just from the weather! Our international Mindfulness Now community gathered in a joyful celebration of 'all things Mindfulness Now'. The itinerary included time for relaxed conversation, meditation, networking and gratitude, and it was lovely to finally meet up with people we'd only ever seen before online! For people who weren't there, you missed a treat.

Well, you'll be pleased to know that we'll be doing it all again in May this year – yippee! Another coming together to celebrate the successes of our students and graduates.

Again, the day will be a mix of informal networking, meditations, mindful movement, mindful eats and drinks. And we're asking for your very own contributions to the day please. We're looking for a number of our own Mindfulness Now graduates to share their own personal stories and experiences in words, pictures and maybe even video, with the rest of the group. So if you might be interested in sharing a brief presentation during this part of the day then please do get

in touch and express your interest directly with your trainer please.

And then we're really excited to be offering you a sound/gong bath too, led by Hannah Rose Brabbs of Good Vibrations.

<https://www.goodvibrationswellbeing.com/>

*"Every Sound Bath is a curated experience inspired by the harmony of nature using sacred & acoustic instruments such as the divine Crystal Bowls, earthy Tibetan Bowls, flowing Tongue Drum, glittering Koshi Chimes & the warm, hazy drones of the Shruti Box. Hannah also uses softly sung mantras that have an angelic quality that has to be heard to be truly believed."*

Places are now available via Eventbrite, for £39 including lunch and refreshments.

### **BOOK YOUR PLACE HERE**

And any profit that may be made will be donated to British Ukrainian Aid

We've already booked a great day of weather and look forward to seeing you there!

<https://macbirmingham.co.uk/>

# *Lessons From Nature*



## What can nature teach us about mindfulness?

**Mel Rosser**



Bringing an acceptance of change to our mindfulness practice is not a passive decision and can be liberating. It can make room in our minds to focus on changes we can control in our lives rather than those that we can't.

**M**ost of us have experienced at some point in our lives the therapeutic effect of the natural world on our well-being. We know how good being in nature can make us feel. Taking the time to fully connect with the natural world with all our senses each week can 'restore our mood, give us back our energy and vitality, refresh and rejuvenate us.' (Dr Quing Li).

What can we learn from nature and how can it improve our practice?

Firstly, nature teaches us that we live in a constant state of impermanence. Each season brings with it a change in the length of our days, animal behaviour, leaves on the trees and the weather. As humans our bodies, thoughts, feelings are constantly changing. We experience changes in our environments and in our everyday lives. All of this can sometimes

create a sense of anxiety, or stress, knowing that nothing lasts forever. Nature can show us the beauty of change and can smooth the way to accepting it. No moment is the same, no feeling lasts forever, and thoughts can come and go like clouds in the sky. Bringing an acceptance of change to our mindfulness practice is not a passive decision and can be liberating. It can make room in our minds to focus on changes we can control in our lives rather than those that we can't.

Nature can also teach us about one of the important attitudes to bring to our mindfulness practice: patience. Nature follows its own laws of growth and decay and we can only wait and watch patiently. As much as we wish it was summer or time for a holiday or special event, we can't control time. We can become restless and try to keep ourselves busy but we can't make time go faster or slower and we can't change the way of life. The poet Ralph Waldo Emerson said



“adopt the pace of nature: her secret is patience.” This was evident when I recently went for a walk around a lake in my local park and was fascinated by how long an Egret bird stood still for, when looking for possible food in the water.

Closely connected to patience is a sense of trust in the nature of things. When we exercise patience, we strengthen our trust in ourselves and our environment. We can accept the way things are and enjoy the beauty of a new season knowing that eventually it will get warmer again and leaves and flowers will grow again. With this knowing, grown from experience, knowledge and deep insight into the course of life and the guarantee of change, life can become more at ease and more satisfying. It also gives us confidence that we can be with this time of transition and can live with patience and awaken curiosity; without waiting for something to arrive. Now is good enough.



Finally, being in nature can cultivate joy. There is much to discover when we open our senses to nature. It can be an enriching and fulfilling experience when taking a walk in a wood or sitting in our gardens. There is so much to discover when we open our senses. Next time you go for a walk adopt the curiosity of a small child and see what nature can teach you! There is so much to learn out there! It has certainly helped my personal mindfulness practice and my

lessons with both children and adults.

**Melanie is a Primary School Teacher in an International School in Belgium. Mindfulness and nature are both important parts of her lessons and help to keep children focused, curious and calm. She has also delivered some mindfulness lessons for her colleagues.**

**She can be contacted on [melanie.rosser@skynet.be](mailto:melanie.rosser@skynet.be)**



# Trauma Sensitive Mindfulness

Reni outlines the importance of being Trauma Sensitive  
**Reni Brown**



As professionals we are likely to know how to help someone who reports getting a bit antsy during a meditation session.

However, can we be certain this isn't part of a trauma-related dysregulation, and how do we assist if it is?

**D**avid Treleaven\*, author of 'Trauma Sensitive Mindfulness' (2018) has said 'Anywhere Mindfulness is being practiced, someone in the room will likely be struggling with trauma'. Since our meeting with Covid 19, the likelihood of having been affected by trauma as an adult is speculated by some experts to have risen to about 89% of the population. Studies by the WHO in 2017 estimated 78% of us over 25 years of age have experienced one traumatic event, and in 35% of us, that rises to two separate traumatic events.

So what? All that proves is that many of us experience trauma. Most will not go on to develop PTSD or anything like it. So, as mindfulness practitioners, isn't it the case that if we carry out conscientious vetting, stay within the bounds of our training in terms of the population we work with, are aware and **c o m p a s s i o n a t e** teachers/facilitators/therapists - then all is

well? You would be forgiven for thinking so.

Hasn't it always been known that meditation is not simple or without its difficulties? Distraction, fidgeting, losing track, intrusive thoughts, feeling like nothing is happening, this is all pointless, etc. We are surely all aware of such experience both in our own Practice as well as for those we engage with professionally?

In 2017 Willoughby Britten and others at Brown University published a paper that questioned most of the assumptions we had all been making concerning the 'safety' of mindfulness meditation. In 'The Varieties of Contemplative Experience'\* no less than 59 adverse effects (AE's) were noted and detailed. Based on interviews with experienced meditators these AEs went beyond the 'I can't settle when I meditate/I get distracted all the time', kind of effects



## **Trauma Sensitive Approaches:**

### **3 things to consider**

1.

- Learn how to recognise the signs of trauma, for example, non-verbal cues such as muscle tension, sweating, heightened 'startle response'

2.

- Be aware that the breath and/or body are not always the most appropriate 'objects of attention' so be prepared to offer others such as sounds or smells

3.

- 'Invite' rather than 'Instruct' - in other words rather than telling people what to focus on which puts you in control, give them the option instead which puts them in control

(that did not and tend not to continue once the guidance or session ends).

As professionals we are likely to know how to help someone who reports getting a bit antsy during a meditation session. However, can we be certain this isn't part of a trauma-related dysregulation, and how do we assist if it is? Assuming this is a somewhat typical reaction, especially in beginner meditators, we may offer advice which, if we are wrong,

could exacerbate the problem. Recommending 'sitting with this difficulty', or 'turning towards' whatever it is, could result in our inadvertently exacerbating the problem.

Would you know how to spot the difference? If this IS an AE rather than a more typical beginner difficulty, would you know how to assist and not make matters worse? Jon Kabat Zinn has said 'TSM is the next essential update for all mindfulness teachers'.

The aim of training in TSM is to make ALL of what we offer as safe as possible and accessible to all. It is a way of us being as sure as we can that what we offer is as efficacious, as widely available, as possible. And on those occasions where there may be an AE, that we know how to respond with skill and compassion.

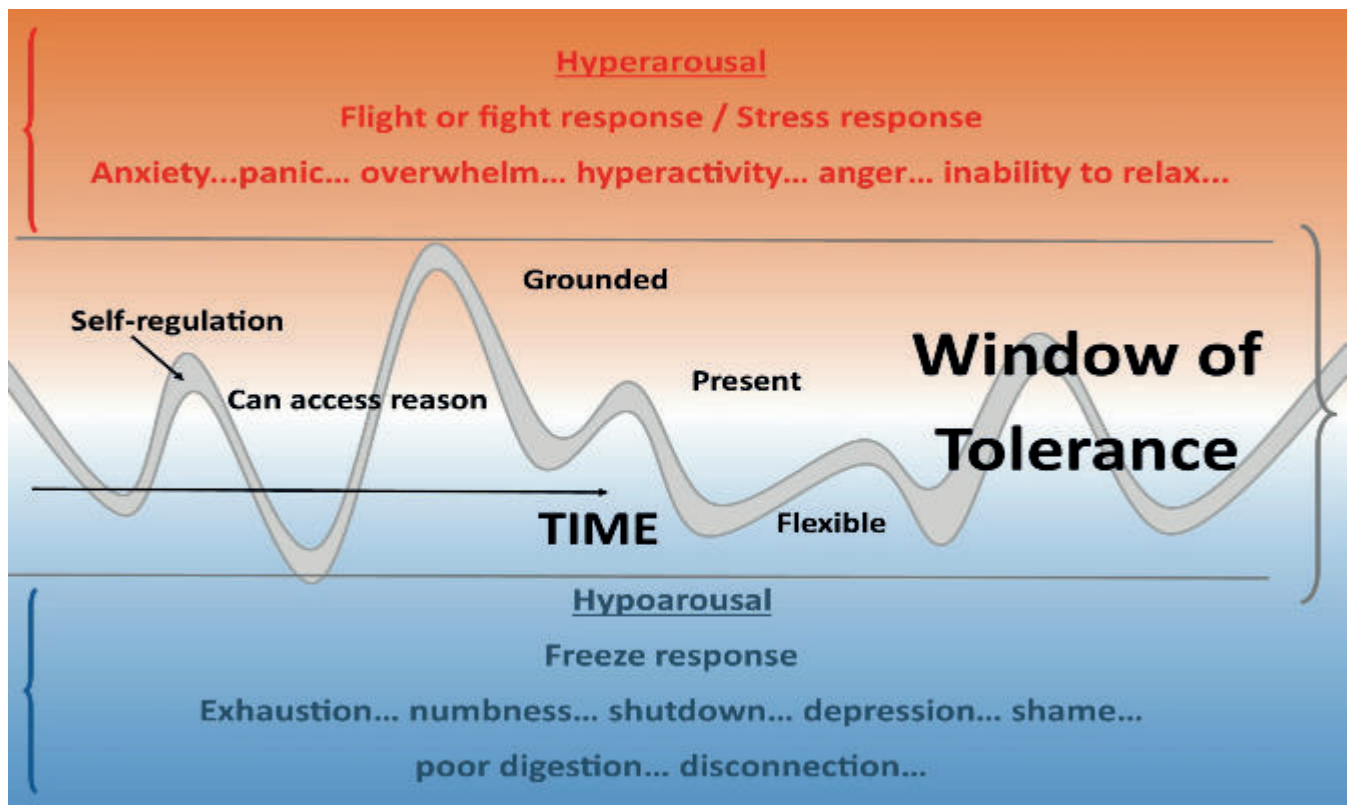
\*The varieties of contemplative experience: A mixed-methods study of meditation-related challenges in Western Buddhists. - Abstract - Europe PMC

\*Cheetah House | Help for Meditators In Distress

**Reni is based in Devon and is a Mindfulness Teacher and meditator with over 25 years of experience. She is a Specialist in TSM and Compassion Trainings.**

**And if you'd like further information on TSM and the work of David Treleaven (including The Window Of Tolerance as illustrated below) then you can find much more here:**

**<https://davidtreleaven.com/>**





# VENUE PHOTO FEATURE

## *Our recent claims to fame!*

We thought you'd be interested to know that The Midlands Arts Centre in Birmingham, featured in our article about the up-coming Celebration Day, has also been featured on a recent edition of Grayson Perry's Art Club! Look it up on catch-up for Channel 4, Friday 2nd December. It gives a bit of an insight into the behind the scenes working of the MAC.

And Tony O'Shea Poon's training venue in London, Jackson's Lane Arts Centre, has also featured as one of the rehearsal venues for Fleur and Vito in Strictly Come Dancing!







# Equine Assisted Mindfulness

How horses and ponies can help teach the mindfulness attitudes

**Maria Dunne**



The calmer the students, the quieter the ponies become and vice versa as they co regulate.

I volunteer as a mentor with teenagers who have traumatic problems in an Animal Assisted Learning environment. The non-profit organisation works with ponies, alpacas and llamas. We teach the teens to care for the animals and help them develop ways of sharing and coping with their traumas and problems. The young people often become very regulated around the animals. They can form bonds with them, speak to them or even write to them.

I quickly realised that the methodical grooming and animal husbandry we teach require great attention and calm along with empathy and compassion required for the animals' care.

The calmer the students, the quieter the ponies become and vice versa as they co regulate.

I soon realised that the little farm environment was teaching Mindfulness without that being the objective.

We have explored ways to follow the breath whilst with the ponies to keep things calm.

We explore ways to notice our natural environment using all the senses.

We have trained the ponies for a pony show in a Mindful way. We ask the students to lead the ponies in a certain way around a track, recognising this is a little like the mind, each time the pony loses focus we gently guide them back to the track with no judgment simply repetition.

Our show judge doesn't assess with a like or dislike of a pony, it's more an assessment of how the pony is on that day. It's a great way to explore the Mindful Attitudes. Leading the ponies requires patience and a beginner's mind to be fully present to support the pony and be open

to whatever may be happening in each moment for instance....

I am training to teach Equine Assisted Mindfulness. I keep 2 horses of my own, they have taught me as much about Mindfulness and its attitudes as many of my human teachers. The co regulation of the breath and the deep connection I feel when I sit and we breathe together is blissful.

Horses are naturally Mindful, truly living in the moment. Horses can feel the energy of my heart beat up to 30 feet away, this is how they work as a herd, forming attachments when they feel safe.

As flight animals they are constantly aware of all their senses and surroundings.

Horses scan the environment, pause momentarily before responding to what may be a threat and then respond (often with flight).

I see many opportunities to combine my two passions of horses and Mindfulness.

There is much research supporting the benefits of working with horses and traumatised individuals.

According to Liz Dampsey, PhD, SEP, Clinical Psychology Postdoctoral Fellowship Program:

The number of research studies on the therapeutic benefits of Equine Assisted Psychotherapy has significantly increased over the past decade. Studies suggest positive changes in self-efficacy, self-awareness, self-esteem, and social functioning, as well as a decrease in depression and anxiety as a result of



engagement in EAP. Evidence also suggests that the inherent nature of horses can help facilitate attachment transactions, corrective emotional experiences, and nervous system self-regulation among humans.

I practice TSM and feel this could be an excellent way to keep the doors open for people who would benefit from Mindfulness but may find a traditional course more challenging.

I hope to provide a course in Equine Assisted Mindfulness for children and teens as this is the perfect environment to make Mindfulness engaging with a healthy dose of mud and fresh air.

In the equine world Mindfulness could be beneficial at all levels to deepen the connection from a companion animal to a top class event horse. Riding is a beautiful union but it is also a dangerous sport that brings much anxiety.

Mindfulness has deepened my connection with my horses and brought me some calm. Practicing box breathing in time with my ponies four feet as we ride along the road in traffic for instance quickly helps to settle us both.

I am also looking forward to facilitating Mindfulness retreats with horses to share the benefits of unplugging for a while in the outdoor environment.

Maybe next time you see a majestic horse you could allow it a few moments to notice your breath as you focus on its beauty.....

**Maria is based in Newquay and you can contact her via her website [www.letsflomindfully.co.uk](http://www.letsflomindfully.co.uk)**



# Book Review

## 'The Mindful Teen'

Author – **DZUNG X. VO, MD FAAP**

Book Review by Emma Bisdee



Dr Dzung is an American paediatrician, specialising in adolescent medicine. He decided to write this book to help teach young people mindfulness.

This book is well put together and follows a similar structure to adult mindfulness, but just slightly different and appropriate for young people. I think he gets it just right. There are eleven downloadable meditations and good explanations about the science of mindfulness, which young people like. See his website for more information

<https://www.mindfulnessforteens.com/>

Dzung encourages young people to bring mindfulness into their lives and to make it work for

them, starting with little tasks, becoming more mindful and kinder to themselves and to each other. Dzung likes to present mindfulness through the young people he helps, and this inspired me to listen to and be guided by the young people I work with. The book really tackles all the many challenges that young people face; I highly recommend it. The aim is that by the end of the 8-week course, these young people feel they have tools to take forward.

This book is part of a series of books called 'Instant help books' for teenagers. For more information have a look at the website -

<https://www.newharbinger.com/>

“Two thoughts cannot  
coexist at the same time:  
if the clear light of  
mindfulness is present,  
there is no room for  
mental twilight”

YANAPONIKA THERA.

# Continuing Professional Development (CPD) 2023

Mindfulness teachers and therapists are required to maintain their Continuing Professional Development (CPD) to uphold professional learning standards and to meet the requirements of whichever professional association they belong to. Normally this is a minimum of 14 hours, or two days of CPD during each twelve month period, plus a Retreat Day. The list below shows CPD and other training events currently scheduled for 2023, but new events are being added all the time, so please check the relevant websites regularly.

**\*\* Each CPD Event states whether it will be taking place Live Online via Zoom or IN-PERSON \*\***

**\*\* Please note individual booking information for each event \*\***

The attendance fee is  
£130 to all Mindfulness Now / CEC students and graduates, or £170 to all others.

## Sunday 26th Feb 2023

O'Shea Poon

Mindfulness and Buddhism - Tony

Live Online via Zoom

10:00 – 16:30

Students of mindfulness today are often intrigued by its Buddhist roots and enthusiastic to learn more. As mindfulness teachers, we can greatly enhance our teaching and enrich the experience of our participants by learning more about Buddhist practices that still hold so much relevance for us today.

This practice day will look at what the Buddha taught on mindfulness and the relevance of the teachings today. Mostly, we will practice mindfulness in the Plum Village tradition, as taught by Buddhist Zen Master, Thich Nhat Hanh. We will enjoy mindful movement, mindful walking, mindful eating, deep relaxation, the sound of the bell and the contemplations of looking deeply, compassionate listening and inter-being.

Participants will experience a deeper connection with the roots of mindfulness and have greater confidence to bring some of this to their teaching practice.

Bookings should be made at <https://mindful.me.uk/classes-and-courses/>

## 4th March to 29th April 2023

Rachel Broomfield

The Official Mindfulness Now 8-week Course

March/April 2023 -

Live Online via Zoom

Each Saturday Morning – 10-11.30

If you're already qualified as a Mindfulness Now Teacher or have already attended the course but not yet completed your assignments, then attending our official 8-week programme, online via Zoom, will not only be very rewarding for you personally, but will also refresh your learning and help you to gain the equivalent of two days' worth of CPD. Total cost = £250 (inclusive of the Gift Retreat Day on Saturday 29th April).

Please contact Rachel Broomfield on [rmbmindfulness@aol.com](mailto:rmbmindfulness@aol.com) or by filling in the contact form here:

<http://www.rmbhypnotherapy.com/booking-8-week-course>

## Saturday 22nd April 2023

Rachel Ashcroft

Mindfulness with Teenagers CPD

Live Online via Zoom

10:00 - 16:30

With mental health problems on the rise, it is said that around half of all lifetime mental health problems start by the mid-teens and three-quarters by the mid-twenties, according to documentation published by Public Health England, 2019.

The Mindfulness with Teenagers CPD addresses the current mental health crisis, potential triggers and risk factors to be aware of and ways in which we, as mindfulness teachers, can best support them through some of their most turbulent years. The day

will involve lots of practical mindfulness activities that have been shown to be highly effective within this age range.

This CPD is delivered by mindfulness trainer, experienced former school teacher and mindfulness facilitator at Birmingham City University, Rachel Ashcroft.

Bookings to be made via the following booking link:

<https://mindfulnessnowmanchester.org.uk/product/mindfulness-with-teenagers-cpd-online-22nd-april-2023/>

## Saturday 27th May 2023

Aston Colley

Mindfulness Yoga CPD

Live Online via Zoom

10:00 – 17:00

Yoga rightly has a large component of physical practice within its remit, perhaps because of this it is easy to mistake yoga's purpose as a form of exercise or performance and in many cases I think this is what it has become. On this workshop I will argue that the reason working through the body is important is because this is where our feelings sensations and perceptions reside. These feelings sensations and perceptions are what motivate our behaviour in the world. They are at the root of the word embodied and they manifest in many different ways. The workshop will explore the way sensation perception and feelings relate to each other as we move through both simple and gentle movements of the body. We will discover that well-being is more connected to how we respond to the feelings we perceive than it is to do with how strong or fit we are (exercise) or what we can do with our bodies (performance).

The day is a mix of practice and theory and includes a workbook with gentle movement sequences and relaxation techniques you can teach others.

<https://mindfulnessnowoxford.org.uk/training-course/continuing-professional-development-cpd/mindfulness-yoga-workshop-may-27th-2023-online/>

All courses are certified and training notes are provided. The courses are open to practitioners of mindfulness teaching, hypnotherapy, NLP, coaching, counselling, and related fields. Numbers are strictly limited.

**And please get in touch directly with the trainers if you'd like further information on any of the following events:**

Saturday June 3<sup>rd</sup>

Exploring Embodiment and Enquiry – Rachel Broomfield – [rmbmindfulness@aol.com](mailto:rmbmindfulness@aol.com)

Saturday June 17<sup>th</sup>

Mindfulness and Mental Health – Sharon Conway - [sharon@wellbeingmind.co.uk](mailto:sharon@wellbeingmind.co.uk)

Saturday July 8<sup>th</sup>

Mindful Child – Madeleine Agnew and Rachel Broomfield - [maddymindfulness@gmail.com](mailto:maddymindfulness@gmail.com)

There'll be more information in the next edition of Breathing Space so do keep your eyes peeled!