



# Breathing Space

the learning and development journal  
for all mindfulness teachers & therapists

Autumn Issue 2023

## IN THIS ISSUE:

Corporate Mindfulness

My Story

The Mindful Child

Mindfulness Yoga

Emotional Acceptance

Book Review

CPD News

And much more...!





# Welcome to our Autumn edition of Breathing Space 2023!

Hi everyone!

Welcome to our latest edition of Breathing Space which again offers an array of different articles, written by our trainers and graduates, for your perusal...

As mindfulness continues to gain momentum in the corporate realm, Sharon Conway and Tony O'Shea-Poon offer advice and top tips on providing your services to companies.

Amanda Carter-Blackford shares her own personal journey into Mindfulness and Mindfulness Teacher Training. Madeleine Agnew and Rachel Broomfield shed light on the impact that mindfulness can have on children, revealing how nurturing these practices from an early age can pave the way for a lifetime of emotional intelligence and resilience. You can discover the art of mindful movement in our exploration of Mindfulness Yoga with Aston Colley. And Claire Knight shares a technique with us that reminds us that embracing our emotions with open arms is a gateway to healing and growth. There's also a thought-provoking poem written by one of our graduates, Rachel Hurst, as well as an introduction to a very special little character called Dave the Wave who we hope you'll get to love over the next few editions. There are, of course, all the usual CPD opportunities too – look in on the back page for a list of up-coming events that will no doubt enrich your mindfulness or therapy practice.

Enjoy!

Please submit your articles to  
[info@mindfulnessnow.org.uk](mailto:info@mindfulnessnow.org.uk)

Rachel Broomfield - Editor - Breathing Space



## Breathing Space

Editor:

Rachel Broomfield

[info@mindfulnessnow.org.uk](mailto:info@mindfulnessnow.org.uk)

Publisher

Nick Cooke

Central England College

0121 444 1110

[info@mindfulnessnow.org.uk](mailto:info@mindfulnessnow.org.uk)

[www.mindfulnessnow.org.uk](http://www.mindfulnessnow.org.uk)





# Mindfulness for Business



## Meeting the Growing Demand with Confidence Sharon Conway and Tony O'Shea-Poon



The business world is changing. Employers realise that investing in employee wellbeing gives them a competitive advantage and companies are increasingly interested in mindfulness - to manage stress, to drive creativity and to build emotional resilience. Knowing where to start in the business world can be daunting but using the Business and Product Development Cycle, you can access a wealth of tried-and-tested tools to give you the confidence to respond to this growing demand.

During the height of Covid-19, the eyes of the world turned to AstraZeneca (AZ) as they frantically worked to produce a vaccine. During this time AZ offered employees mindfulness to help them remain resilient while under enormous pressure to save lives.

Google is also at the forefront of a new movement in positive psychology and have made a significant investment in mindfulness programmes for employees. The late Apple CEO Steve Jobs reportedly meditated daily and today Apple employees are encouraged to meditate to boost their productivity and creativity.

Of course, we can't all hope to work with AZ, Google and Apple, but these trend-setting companies are having an influence on the well-being agenda in companies of all sizes. And the opportunity is huge.

There are more than 5 million private companies in the UK with the economy growing by 59% in 20 years. A small decrease in 2020-2021 is attributed to Covid-19, but numbers are growing again.

Working with businesses can be very enjoyable, rewarding and financially lucrative and shouldn't be overlooked if you want to achieve sustainability in your mindfulness teaching.

But working with businesses can be daunting for any sole trader or small business.

There are many factors to consider, including:

- The size of the companies you want to work with
- The sectors you have experience or interest in
- Your offer, niche and unique selling points

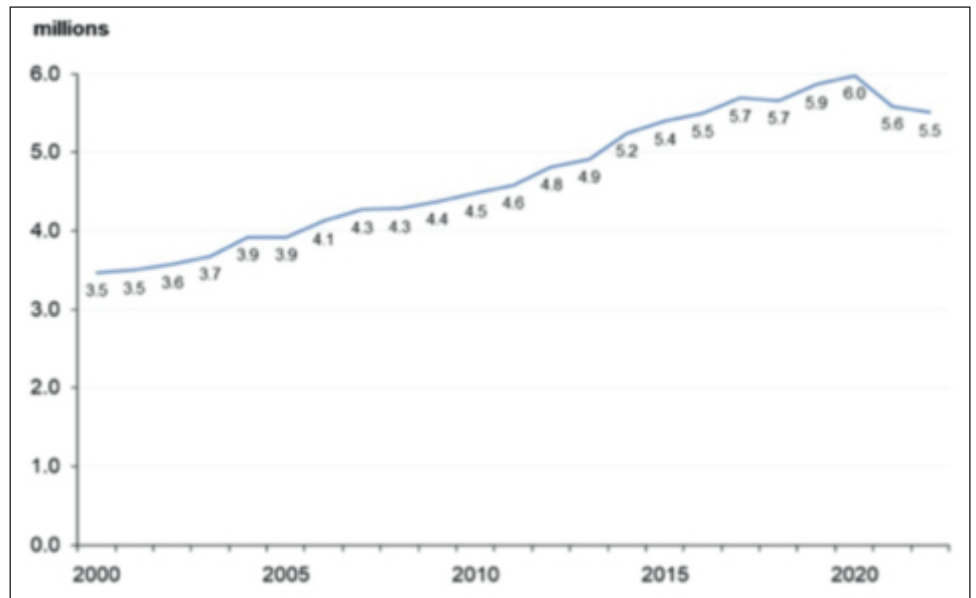
- What your competitors are offering
- Pricing and terms

On top of that, you may feel that you don't have the experience, knowledge or skills to give you the confidence you need, or you may have had negative past experiences working in business. It can be hard to know where to start!

That's where the Business and Product Development Cycle comes in. It provides a road map and a set of practical tools and templates to support you in every part of the process of providing services to companies – from attracting clients, creating a winning proposal, designing content through to delivering and evaluating services.

Here are just a few of our top tips:

- Thinking of cold calling? You'll make more headway starting with companies and sectors that you know.
- Overwhelmed by social media or paid options? Learn how to choose the right 'marketing mix'.
- Want to write a winning proposal? You need to identify and push the company's 'hot buttons'.

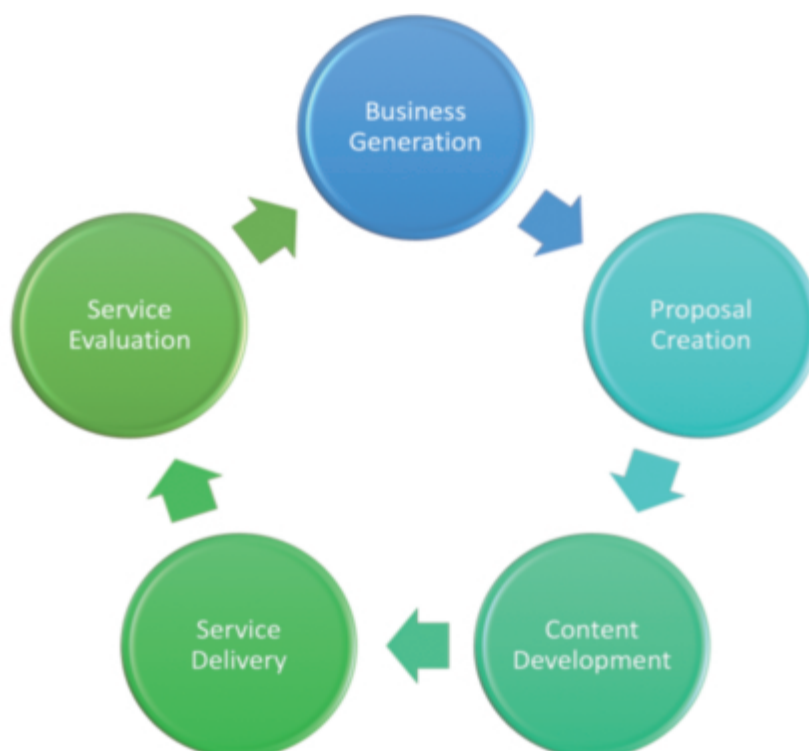


Number of Private Sector Businesses in the UK (source - [www.gov.uk](http://www.gov.uk))

- Interested in running long courses? The biggest demand is actually for 1-hour workshops.
- Looking for repeat business? Then don't overlook feedback and evaluation.

**Sharon Conway is the Mindfulness Now Tutor for Edinburgh - [sharon@wellbeingmind.co.uk](mailto:sharon@wellbeingmind.co.uk) and Tony O'Shea-Poon is the Mindfulness Now Tutor for London [tony@mindful.me.uk](mailto:tony@mindful.me.uk)**

**They will be running their CPD day 'Mindfulness for Business – Meeting the Growing Demand with Confidence' on Saturday 14th October 2023. More details can be found on the back page.**





# My Story



Amanda shares her own personal journey into Mindfulness Teaching.

**Amanda Carter-Blackford**



I began to meditate and realised that I needed to make some significant life changes if I was to gain any kind of sanity and stability in my life.

I first encountered Mindfulness about 10 years ago. I was working at the time as a Police Inspector for Nottinghamshire Police, a very demanding role. At the same time my home life was a challenge. My stress levels were high.

Following a potentially life changing incident on the way home from work very late one night I stumbled upon the Mindfulness book by Mark Williams and Danny Penman, and I began to read. I also began to meditate and realised that I needed to make some significant life changes if I was to gain any kind of sanity and stability in my life.

Around this time, I went to see Ruby Wax

in her 'Sane New World' show, and I found so much familiarity in what she shared about her own life changing moment and her subsequent mental health journey and recovery through Mindfulness Based Cognitive Therapy. I was hooked. I needed Mindfulness in my life!

Many of the themes that I was hearing through Mindfulness...acceptance, trust, letting things go, gratitude, simplicity and living in the present seemed such a sensible way to live. Living a mindful life seemed like a natural progression for me and meditation offered a solution to my busy racing mind.

As I moved towards retirement after thirty years in the police, I knew that a new

career awaited. I qualified as a hypnotherapist, psychotherapist, counsellor, and NLP practitioner. It was hard work combining work life, being a single parent and some intensive therapy as well as study, but I felt that at the age of 50 I had discovered what I wanted to do when I grew up!

Throughout my time working as a therapist, I have found that the attitudes of mindfulness weave effortlessly through all the work that I do with clients. Building the present moment awareness with clients and inviting them to connect with their body and their feelings are essential to growth.

In June 2022 I attended the Mindfulness Now Course at Oxford University led by Aston Colley. I yearned to become a Mindfulness Teacher. I enjoyed the course immensely and received my teaching

certificate in September that year just in time for me to deliver my first Mindfulness for Beginners Workshop in my local area.

I now run a regular 'Mindful Monday' weekly meditation session in my local area and am working towards running my first eight-week Mindfulness Now course starting in February next year.

As I commence studying for an MSc in Integrative Psychotherapy this Autumn in Nottingham, I will continue to incorporate Mindfulness into my life and grow my own personal practice.

I am eternally grateful for this journey.

**You can find Amanda on Facebook at 'Amanda Carter Therapy' or you can contact her directly on [amanda.carter1@talktalk.net](mailto:amanda.carter1@talktalk.net)**





# The Mindful Child



## Using Mindfulness with Young Children **Madeleine Agnew and Rachel Broomfield**



Teaching skills in Mindfulness to younger children is steadily becoming more and more prevalent, not least due to some of Mindfulness Now's own graduates who have shared their skills in educational settings and children's organisations. Could you be the next?!

Children today are under more pressure than ever before – exams, peer pressure, social media, online bullying, family difficulties, concerns in the media about the safety of school buildings, not to mention worries that we're all experiencing about current world events! And many of these things will shake a child's sense of security leading to problems later in life.

It has, indeed, been proven that more serious traumatic events occurring in childhood, often referred to as ACEs (Adverse Childhood Experiences), are strongly related to the onset of a wide range of health problems later in life.

So wouldn't it be great if there was a way to teach children ways to be calm, resilient, compassionate 'in the midst of it all', enabling them to become healthier both mentally and physically as adults.

And, of course, there is...

When I teach Mindfulness to adults one of the things they nearly always say is "I wish I'd known this when I was younger".

Teaching skills in Mindfulness to children is steadily becoming more and more prevalent, not least due to some of Mindfulness Now's own graduates who have shared their skills in educational settings and children's organisations.

Often these are people who already have experience with working with children and young people. But sometimes they're Mindfulness Now Teachers who have been approached to deliver some sessions to the local Brownie group or youth organisation and, credit to them, have had the courage to say 'Yes'! Could you be the next?!

Working with children can be a daunting prospect, especially if you haven't had much experience before. Getting it pitched just right is tricky enough. And then there's all the safe-guarding procedures you need to take account of, let alone obtaining a criminal record check etc. And putting it bluntly, all this sometimes puts people off working with children. Such a shame when you reconsider that quote at the beginning of this article: "I wish I'd known this when I was younger".

There are numerous ways of working with children and young people – in schools and colleges, local youth groups, church groups, 'one to one' work in therapy situations, and of course, within our own families. But often people like to have a bit of extra 'input' and perhaps a bit more of a structure before they embark on such a challenge. And even if they're used to working with youngsters, it's always good to have new and fresh ideas, as well as up to date information.

**Maddy and Rachel will again be running their successful CPD 'The Mindful Child' online on Saturday December 2nd. Further details of how to**



**book can be found on the CPD page at the end of the journal, or visit the website here - <https://mindfulnessnow.org.uk/uk-college-cpd-mindful-child/>**

**Both Rachel and Madeleine have wide experience of working with children and presenting to adults and their workshop is open to all qualified mindfulness teachers. Both Rachel and Madeleine have wide experience of working with children and presenting to adults and their workshop is open to all qualified mindfulness teachers.**





# Mindfulness Yoga



Mindfulness yoga is a soteriology, offering liberation from suffering.

**Aston Colley**



My interest... is how to practice and teach yoga in a way that stays true to its aims of reducing suffering but is also situated in the here and now, in the world I inhabit and the evidence of modern science.

Yoga is a broad church with a long and rich history, and, like much of Indian thinking, it seamlessly weaves together both religious and philosophical thought. This can be perplexing for the Western mind, which tends to separate out theology from philosophy. According to Pete Blackaby, at its heart, yoga is a soteriology, offering liberation from suffering. To be clear, this does not mean the avoidance of suffering. It means fully engaging in all aspects of life and meeting whatever life brings with attention and curiosity, however difficult the subject – because there is no doubt that a life well lived will bring many challenges. My

interest as a man brought up in a Western culture is how to practice and teach yoga in a way that stays true to its aims of reducing suffering but is also situated in the here and now, in the world I inhabit and the evidence of modern science.

Yoga has its intention rooted in the notion that we want to reduce suffering, both in ourselves and in the world we inhabit. The tools we have are those that evolved under evolutionary pressure: a sensory nervous system that informs us about the outside world, our inside world and the tissues of our body; and a brain and body that perceive these sensations and give them meaning, on which we act. How we act gives rise to feelings and emotions that feel good or not so good, and it is the feelings



that guide our trajectory through life. If only it were so simple ... The problem is that perception can be and often is distorted by culture and individual history. We form habits, biases and beliefs on our journey through life.

Mindfulness Yoga is explicitly about our ability to notice how and what we feel, reflect on that perception and then act in a way that reduces harm to you and those around you. It is in this way we reduce suffering. I would like to differentiate this from intention in exercise and performance. Both exercise and performance are often considered aspects of yoga but in my view their starting points – their different intentions – make them something different from Mindfulness Yoga.

Mindfulness Yoga can help us both psychologically or emotionally. We can become practiced at noticing changes in our feeling state, we can get better at more finely granulating the sensations we perceive and therefore respond in a more nuanced way. We can get better at noticing when we cross the line between feeling well and unwell and what happened to initiate that change, we learn to adapt our responses to sensation and perception so the outcomes are more productive and less harmful. It is a skill that when practiced well has the power to



change the course of your life from a situation where the habits of the past push you into a predictable future to one where we respond more appropriately to the situations that arise in life and over time we reduce the friction that may have existed and find more ease in ourselves and the world we inhabit. -

**Aston Colley is the Director of Oxford Mindfulness Now. He has his workshop 'Mindfulness Yoga' running online on Saturday December 9th and further details can be found on the CPD page.**

**Aston can be contacted on:**

**[aston@mindfulnessnowoxford.org.uk](mailto:aston@mindfulnessnowoxford.org.uk) More details on the back page.**







THEY TELL ME  
I'M SENSITIVE.

I smile.

"Thank you for noticing," I say, "isn't it wonderful!"

So wonderful how I can find  
Such deep contentment  
And joy  
From the sight of an early Spring flower,  
The smell of Autumnal leaves.

The subtle shifting of the seasons  
Can never go unnoticed by me,  
I was made to appreciate every moment.

My mind is open, always, to new ideas,  
More creativity, more expression.  
I dance to the sound of my neighbour's radio,  
I can hear, see all around me.

There is no need for me to dull my gift.  
The universe's every state moves me,  
My body and mind are so close to it.  
I can't reach out  
And touch  
The point where I end  
And all this joy begins.

*By Rachel Hurst*  
**More Mindful Connection**



We'd like to take this opportunity to introduce a very special character to you. His name's Dave the Wave and he's the product of Gary Webb's wonderful imagination! We hope you'll enjoy reading all about Dave the Wave in upcoming editions of Breathing Space.

Here's what Gary has to say about him:

'Dave the Wave' is my attempt at introducing the subject of mindfulness / meditation / spirituality in a light-hearted way.

Dave is a wave who lives in the ocean and (like many of us) struggles with life sometimes. He's just a regular wave - he isn't particularly religious or spiritual and hadn't meditated before.

The story follows his attempt to find what he calls 'lappiness'.

I started using Dave the Wave as an analogy to introduce or explain the concept of 'separation'. Before I knew it, Dave had invented the idea of 'Seafulness' (a bit like mindfulness...), had met a spiritual teacher called Flo and started attending Seafulness classes. What began as a single, short article rapidly turned into what was resembling a story - I feel like Dave is writing it himself sometimes...

Here are the other characters (or Dave's 'pier' group!):

**Flo** - a spiritual teacher and leader of the Seafulness classes. Dave thinks she's a bit weird but trusts her completely.

**Jerome the Foam** - the 'cool' wave of the group and a master of wit

**Mel the Swell** - a talkative, sensitive and kind wave

**Eddy Current** - a quiet wave, listens well and asks great questions.

I hope you enjoy. The first instalment of Dave the Wave will be appearing in the Winter edition of Breathing Space!

## Book Review

### The Four Agreements Author - Don Miguel Ruiz Book Review by Alison Bale



Thousands of years ago, The Toltec were known as 'women and men of knowledge'.

Today, their knowledge is shared in The Four Agreements by Don Miguel Ruiz, a descendent of the original 'masters'.

Despite being separated geographically, and in time, from the authors of the original Buddhist texts, the Toltec teachings resonate with mindfulness. And hold lessons that are just as valid today as when they were first written.

According to the Toltec, everything we see and hear is a 'dream'. Dreaming is the main function of the mind and the mind dreams 24 hours a day. Modern neuroscience calls this predictive processing. It holds that the brain makes guesses all the time about what is happening, inside and outside of us, and as long as we all agree on the same guess (or dream) we call it reality.

The Toltec's recipe for waking up revolves around four agreements:

- Be impeccable with your word - how you talk to yourself matters
- Don't take anything personally - nothing other people do is because of you
- Don't make assumptions - it's always better to ask questions
- Always do your best - the agreement that allows the other three to become ingrained habits.

Implementing these habits supports being aware of the ways we suffer because of how we think. Once we establish awareness, then we can stop feeding the 'parasite' (think of the story of the two wolves). From this we develop compassion for ourselves. And from there the power to create our own 'dream', in keeping with who we want to be.





# Emotional Acceptance

Easing the feeling of being Stuck with Mindfulness

Claire Knight



By observing these feelings with awareness, a level of Non-Judgement occurs, and we gently explore underlying fears.

**W**e all get that stuck feeling at various times in our lives. That feeling of going over and over our circumstances and struggling to find a solution; being trapped in a problem that feels distressing, uncomfortable and just hard. The 'monkey mind' has a field day, constantly generating intrusive, unhelpful thoughts, leaving us feeling troubled, frustrated and anxious.

When working with coaching clients, I use the practice and principles of Mindfulness to help them work through their 'stuckness'. Mindfulness is a great 'pattern-break' to the problem, like a valve that lets out the confusing steam, clearing a space for new solutions.

I direct clients to join in a guided meditation to be present with whatever is happening for them, suggesting a level of Acceptance towards their feelings and their

circumstances. We trace the feelings to where they are felt in their body, establish if they have a colour, a temperature or if they move around or stay still. They may have a sound, a smell or a voice! These uncomfortable feelings can live in the obvious places like the chest or stomach, often, they correspond with the energy centres of the body (the chakras) like the solar plexus or heart centre.

By observing these feelings with awareness, a level of Non-Judgement occurs, and we gently explore underlying fears. Once explored, I ask my client to spend some time breathing into those places, whilst connecting with the feelings that they get when they think about a loved one, a cherished pet or a close friend. We spend time connecting with the energy of Loving Kindness, allowing it to calm and soothe. Throughout this process, awareness leads to a level of Patience, as if for the first time, the issue is being seen from a slower, more informed perspective.





I suggest that my client is freshly curious (Beginner's Mind) about their own inner wisdom and what it would like to say to them at this point. More often than not, they will get a sense of what they need to do or accept to be able to move forward. I often ask "what do you need to let go of?" There is usually always an answer. We might

explore what it is that they need to Trust in and how they could show themselves Compassion. We move into a place of Gratitude to Self for experiencing these challenges. We revisit the feelings in the body and usually they have moved, changed colour, shrunk down. There is a shift, a descension of calm and a feeling of peace, sometimes a knowing nod or a sigh of realisation.

Mindfulness has gifted this person the ability to feel their feelings from slightly further afield. It has restored the connection to their inner wisdom (which always knows what to do). They are more in touch with their true power, their flow. Mindfulness demonstrates that when we hold a problem too tightly, the answers don't seem to come, but when we step away to a place of Non-striving, they arrive.

**Claire Knight is an Emotional Wellbeing Coach and Mindfulness Teacher who works with stressed and anxious clients to help them overcome 'stuckness' and find ways to live life with more peace, fun and wisdom. She is based in Wiltshire, working in person and online, and lives with her husband, son, cockapoo and 2 cats. Claire likes dog walks, dangly earrings, dark chocolate and audio-books.**

**[www.wheeloflifecoaching.info](http://www.wheeloflifecoaching.info)**





# Continuing Professional Development (CPD) Autumn 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 plus a Retreat Day during each twelve month period. The list below shows CPD and other training events currently scheduled for the rest of 2023, but new events are being added all the time, so please check the website regularly - <https://mindfulnessnow.org.uk/uk-college-continuing-professional-development-cpd/>

**\*\* 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 £160 to all others.

## Booking information

Please see individual entry on how to book and unless otherwise stated the attendance fee for all CPD is £130 for students and graduates of Mindfulness Now / CEC, and £160 to all others. 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.

### Saturday 23rd September 2023

Rachel McKenna - online

Working with Teens

Live Online via Zoom

10:00 – 17:00

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 McKenna.

Bookings to be made via the following booking link:

<https://mindfulnessnowmanchester.org.uk/product/mindfulness-with-teenagers-cpd-online-23rd-september-2023/>

### Saturday 7th October 2023

Madeleine Agnew - online

Mindful Parenting

Live Online via Zoom

10:00 – 17:00

"A day of learning, practice, and discussion, for all mindfulness teachers and students.

This course would be ideal for practitioners working with children, school teachers, caregivers and of course parents themselves.

During the day we will be exploring many techniques and ideas including:

What it really means to 'Parent Mindfully',

Understanding Attachment Theory and how best to creating loving attachments,  
How we were parented and how this impacts our parenting style, Parenting with PACE (Playfulness, acceptance, curiosity and empathy),  
Working with Sensory Needs,  
Early Brain Development,  
Whole-brain parenting,  
Developmental Trauma,  
Keeping the body in Mind  
and various Therapeutic Parenting techniques approaching all the material from a mindful perspective.  
By the end of this day, you will have all the knowledge and tools you need to parent yourself mindfully and or work with parents and caregivers teaching mindful parenting."  
Bookings can be made here - <https://mindfulnessnow.org.uk/uk-college-cpd-mindful-parenting/>

### Saturday 14th October 2023

Sharon Conway and O'Shea-Poon - Online

Mindfulness for Business – Meeting the Growing Demand with Confidence

Live Online via Zoom

10:00 – 17:00

Our new CPD day aims to demystify the whole process of providing services to companies of all kinds and sizes. During the day, Tony and Sharon will take you step by step through all the key elements of working successfully with businesses. You will gather a wealth of valuable information, including how to generate new paid work, how to write a winning proposal, how to develop off-the-shelf and bespoke content and how to successfully deliver professional services. You will also learn the importance of offering content and services that go beyond mindfulness and gain the confidence to do just that.

With over 30 years' experience each of working in global corporations, private, public and third sector organisations, Sharon & Tony will share their tips, successes, professional templates (and what they've learned from some failures!) with you.

To book a place on this course, visit

<https://mindful.me.uk/classes-and-courses/mindfulness-for-business-cpd/>

### Friday 3rd November 2023

Nick Cooke - online

The Resilience Effect

Live Online via Zoom

10:00 – 17:00

Up until a few years ago, Stress Management was a major buzz word (or two!) when it came to developing work within organisations. More recently the trend is towards mindfulness based programmes, along with emotional intelligence (EI)

work, which is likely to result in employees developing a greater level of emotional resilience, effectively resulting in them being less prone to stress.

This one-day training is a certificated course, based upon Nick's own experience of gaining and operating programmes within organisations. By attending you will learn: -

- How to work with individual clients to build resilience with mindfulness and EI
- How to build a successful corporate practice
- How to identify and target corporate clients
- How to make corporate appointments
- What communications to send, and to whom they should be targeted
- How to make a corporate presentation
- An understanding of health and safety law in respect of stress
- The physiology of stress and all aspects of stress management
- How to conduct individual sessions of resilience coaching
- How to produce and run a group stress coaching session
- How to run an eight weeks mindfulness based stress reduction group

... and, much, much more! All slides and documentation are provided to enable attendees to start their own resilience / stress management practice. Our training is recognised by the NCH, APHP, NRPC and the Mindfulness Teachers Register.

You can book your place here -

<https://mindfulnessnow.org.uk/uk-college-cpd-the-resilience-effect/>

### **Saturday 18th November 2023**

**Sharon Conway - online**

**Mindfulness and Mental Health**

**Live Online via Zoom**

**10:00 – 17:00**

This course raises awareness of mental health, it combines the Mental Health Aware course from MHFA England with Mindfulness studies and research to support mental ill health:

- What mental health is and how to challenge stigma
- A basic knowledge of some common mental health issues
- An introduction to looking after your own mental health and maintaining wellbeing
- Confidence to support someone in distress or who may be experiencing a mental health issue
- Everyone who completes the course gets:
- A certificate of attendance from MHFA England to say you are Mental Health Aware
- A manual to refer to whenever you need it
- A workbook including a helpful toolkit to support your own mental health
- A personalised Self-care plan

Bookings can be made on -

<https://www.wellbeingmind.co.uk/teacher-cpd-events/>

### **Saturday 2nd December 2023**

**Madeleine Agnew and Rachel Broomfield – Online**

**The Mindful Child**

**Live online via Zoom**

**10:00 – 16:30**

To meet ever increasing demand for children's wellbeing programmes, including mindfulness, this one-day CPD event will focus on broadening the skills and techniques you have in

your 'working with children' toolbox. This course will bring together practical, fun ideas and child friendly meditations that you can use on an ad-hoc basis or as part of our 3 structured programmes, each targeted at different age groups.

We have developed, and through our CPD you will have training in delivering, three different Mindful Child programmes: a four-week programme suitable for 3-6 year olds, a six-week programme for 7-11 year olds and a further six-week programme for 11-16 year olds.

The three different programmes all provide a psychoeducational support programme developed specifically for children. It was originally developed for work within schools and Early Years settings, the last two programmes designed to be delivered over six weekly sessions lasting a full half term.

Both Rachel and Madeleine have wide experience of working with children and presenting to adults and this workshop is open to all qualified mindfulness teachers.

All slides and documentation are provided to enable attendees to start running their own mindful child programmes. Our training is recognised by the MTA and the Mindfulness Teachers Register.

You can book your place online here -

<https://mindfulnessnow.org.uk/uk-college-cpd-mindful-child/>

### **Saturday 9th December 2023**

**Aston Colley - Online**

**Mindfulness Yoga Workshop**

**Live Online via Zoom**

**10:00 – 17:00**

A development day for all mindfulness and yoga practitioners, exploring mindfulness of breath and body movement. The day, a mix of philosophy, theory and practice, specific guidance and choreographed practice to teach, with a script to teach from. An opportunity to practice with others and explore the experiential nature of Yoga. The day aims to provide mindfulness practitioners with tools to further their own practice. It is hoped that by gaining a deeper insight into the process of self-enquiry through gentle movement and meditation participants will, after practice, be able to impart/teach some of these insights to their students.

The workshop is inclusive to all – as long as you can get down to and up from the floor.

If you are unsure of your suitability don't hesitate to contact Aston

To book a place please contact Aston on

[aston@mindfulnessnowoxford.org.uk](mailto:aston@mindfulnessnowoxford.org.uk) Tel: 01386 870893

### **MINDFULNESS NOW RETREATS:**

#### **Sunday 17th September**

**Edinburgh Retreat Day**

**IN-PERSON with Sharon Conway**

**Dalkeith Country Park, Edinburgh**

**Cost = £85**

<https://www.wellbeingmind.co.uk/events/mindfulness-retreat-day-630/>

#### **Saturday 28th October**

**Gift Retreat Day**

**ONLINE with Rachel Broomfield**

**Cost = £50**

<https://mindfulnessnow.org.uk/uk-college-retreats/>