



Breathing Space

the learning and development journal
for all mindfulness teachers & therapists

Issue 36

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Welcome to Issue Number 36!

Well, here we are, now in 2025! Is it too late to wish you all a very happy new year?! The excitement of Celebration Day 2025 is upon us, and with it comes an opportunity to reflect, grow, and connect with one another. This edition of Breathing Space is packed with inspiration to carry you into the months ahead.

We explore how we can uncover and change habits deeply held within the body in 'Mindfulness Yoga' by Aston Colley. And for an equally profound but completely different read, the next instalment of Dave the Wave by Gary Webb offers the beginning of a story that will warm your heart. Meanwhile, Nick Cooke's article on 'Compassion – An Active Approach' explores the idea that teaching self-kindness and self-compassion are fundamental in our working with people. Sharon Neilson brings us into the future with 'Mindfulness and AI', examining the interplay between ever-changing technology and your mindfulness business. And don't miss a lovely poem by Claire Coles, where words meet wisdom.

As always, our Book Review and CPD News sections ensure you stay informed and inspired in your professional (and personal) growth.

If you'd like to contribute to a future edition of Breathing Space, please do get in touch with me. I look forward to hearing from you!

Please submit your articles to
info@mindfulnessnow.org.uk



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Compassion as an Active Approach



The need for a compassionate approach in today's world.

Nick Cooke



Kindness is at the heart compassion, together with an absolute understanding that life contains suffering, but we can take action to alleviate that suffering in ourselves and others.

First of all, a true story from my therapy practice to demonstrate how much need there is for help with compassion!

Bobby is a 28 years old female who consulted me because of anxiety, stress and “emotional meltdown”. She had previously had an unofficial diagnosis of Bipolar disorder, and depression was clearly a significant part of her current situation, which included significant mood swings.

The week before Bobby visited me, she described having had a complete meltdown, where on her way to work she realised that she could not cope and pulled into the side of the road and had to sit

crying for a while.

A friend of hers had previously worked with me and recommended that she contact me for a chat. In our in-person chat, after we had conducted a confidentiality / safety interview, Bobby (not her real name) confided in me that she was going through a terrible time. Recently her sister had almost died of a serious illness and was still very poorly. Her mother had also nearly died following treatment for cancer and was still recovering. Bobby said that she had been experiencing some serious suicidal thoughts, was unable to work, and was really desperate for some help.

We established that a procedure was in place for Bobby to talk to a suicide counsellor. She gave me permission to talk to her GP and to set up a dialogue with him. Bobby also shared with me that she had a younger sister with serious mental health issues and on the autistic spectrum, who she was trying to protect, and she also did not want to involve her mother or her father, who were going through their own terrible times.

I introduced the idea of compassion by asking Bobby to reflect and then talk to me about the kind of things that she said to herself when she was in a very low state. At first, she did not really seem to know what I meant, but when I gave her some examples, she said that she told herself that she needed to 'buck her ideas up and get herself back on track'. There appeared to be no softness in the way that she spoke to herself. I then asked her how she would talk to one of her loved ones when they were in deep distress.

Bobby found this difficult but eventually she told me that she would say very kind and gentle things to them, in fact showing them loving care. Bobby began to understand that she seemed to be incapable of being compassionate to herself and we discussed some strategies including meditations, poems, and stories, which might just be helpful.



As to why it can be so hard to be kind to ourselves, it's a long story but our genetic conditioning is such that we are inevitably in our threat / defensive mode for much of the time, with our alarm system "amygdala" activated, which disables our calm, kind, rational thinking mode. Once we learn how to "calm our amygdala" through compassion focused exercises then we can begin to offer ourselves effective self-care.

We agreed that we would spend a few sessions working together, where I would teach Bobby some ideas of self-caring and she would seek further help from her GP, and would follow up on some resources



Compassion Focused Wellbeing

which I recommended to her. At the heart of compassionate approaches is mindfulness and our weekly teaching sessions were within a framework of mindful self-compassion coaching exercises.

We carried out 8 sessions, at the end of which Bobby did not consider herself fixed. Her challenges had not gone away but she had learned to be much kinder to herself, to take a fresh perspective on her life, and to continue her own self-healing journey, of which she now felt capable. She knew that my help and support was, and of course still is, available should she need it.

It should be acknowledged that kindness is at the heart compassion together with an absolute understanding that life contains suffering but we can take action to alleviate that suffering in ourselves and others.

There are some profound misconceptions about compassion focused work which may lead to thoughts that it's too much about just being nice, and that it is quite a passive journey, just listening to meditations etc. Whilst mindfulness is also central to CFW it has to be acknowledged that this is primarily about taking action.

The next teacher training in CFW with Nick and Maddy is live, interactive, online via Zoom from Monday 13th to Friday 16th June 2025 and the cost is £900. There is currently a discounted cost of £750 offered to our college students and graduates. The course is highly practical with plenty of supervised teaching opportunities.

For further information or to book please see the back pages.

AI and Mindfulness Teaching: A Harmonious Pairing



Imagine artificial intelligence crafting a meditation script tailored to your participants' needs – well, this isn't science fiction!

Sharon Nielsen



While the rapid advancement of AI might seem like a snowball hurtling down a hill, accumulating knowledge at an unprecedented rate, its integration into mindfulness practices offers exciting possibilities.

Imagine artificial intelligence crafting a serene meditation script tailored to your participants' needs, or one analysing their journal entries for recurring themes to suggest personalised mindfulness practices. This isn't science fiction; it's the reality of AI's growing potential in the world of mindfulness.

While the rapid advancement of AI might seem like a snowball hurtling down a hill, accumulating knowledge at an unprecedented rate, its integration into mindfulness practices offers exciting

possibilities. You might be thinking, "AI seems at odds with the present-moment focus of mindfulness," but these seemingly disparate worlds can actually complement each other beautifully.

How AI Can Empower Mindfulness Teachers

1. Content Creation:

Struggling with a theme for your next session? Unleash the power of AI. It can brainstorm ideas by analysing current trends in mindfulness, generating captivating titles, or even drafting outlines based on classic teachings. Need a poignant metaphor for your

next meditation script? AI can craft those too, along with poems and even zen stories to inspire your participants.

2. Enhance Content:

Go beyond simple grammar checks. AI can help you create truly immersive experiences. Imagine using AI to compose calming background music for your meditations, or to generate personalised visualisations based on participant input. Want to create engaging video content? AI can even help you produce simple videos with voiceovers, using voice cloning technology to maintain your personal connection.

3. Grow Your Audience:

Expand your reach and impact with AI-powered tools that can analyse your audience's social media engagement and suggest optimal posting times and content formats to maximise your visibility. AI can also write compelling articles, blog posts, and create marketing copy, freeing up your time to focus on your participants.

4. Accessibility:

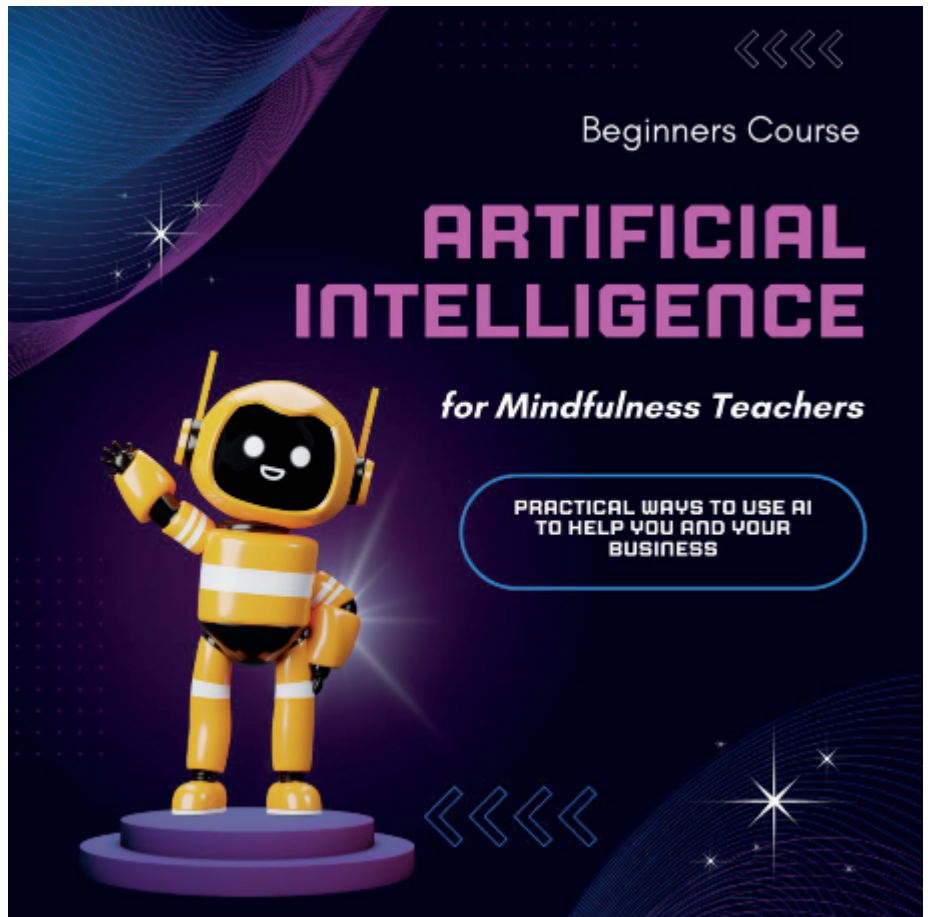
AI can help overcome barriers to mindfulness, such as geographical limitations or physical disabilities. AI-powered apps can deliver guided meditations and mindfulness exercises to anyone with an internet connection.

Mindful Considerations for AI Integration

While AI is a powerful ally, it's crucial to use it ethically and responsibly. Remember that AI is a tool to enhance your skills, not replace your human connection and intuition. Strive for a balance between leveraging technology and maintaining the authenticity of your teaching.

The Future of AI and Mindfulness

Our latest CPD course, "AI Beginners for Mindfulness," demystifies artificial intelligence and equips you with the basic skills to improve your participants' experience, increase efficiency, and grow your audience. By integrating AI, you can reclaim valuable time to focus on building rapport with your participants and delivering impactful teachings.



By embracing AI mindfully, we can enhance our teaching, reach a wider audience, and deepen our own practice. In a world increasingly dominated by technology, AI can be a powerful ally in cultivating presence, compassion, and well-being.

The journey of AI and mindfulness is just beginning, but the potential is vast. As AI technology evolves, we can expect even more innovative tools and applications to support mindfulness teachers and practitioners alike.

A Final Thought: "Just because we can, doesn't mean we should." Let wisdom and ethical considerations guide your exploration of AI in mindfulness.

This article has been checked for accuracy and improved by AI.

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Sharon's CPD, AI Beginners for Mindfulness Teachers, will be taking place on Saturday 22nd March 2025. Please see back pages for further details.



As promised in the last issue, we're sharing an instalment of Gary Webb's yet to be published story about Dave the Wave. We hope it makes you smile!



...when the wave realises its own 'true nature', and feels the ocean within, it realises it can never be harmed or lack anything at all

Dave was a wave. Flo was his seafulness teacher. In the previous instalment (you can find it in the Winter edition of Breathing Space 2024 / Issue number 33 here: <https://mindfulnessnow.org.uk/journals/>) Flo had just been saying...

“From the point of view of the wave, it seems separate and apart from the other waves. A feeling of sadness, lack or fear is the result of this ‘separation’. But when the wave realises its own ‘true nature’, and feels the ocean within, it realises it can never be harmed or lack anything at all. It’s just everywhere and nowhere at the same time. Perfectly at peace and

at one with all the other waves, able to express itself temporarily as a wave and enjoy the surface of the sea whilst simultaneously knowing its own immense depth and utter peace”.

“Oh no...” thought Dave. “That sounds like nonsense again! All the other waves will laugh at me and call me names. It sounds lovely but nonsense too. I’m just not like that. It’s ok for Flo – she’s one of those spiritual type of waves. Nice in principle but do they ever really get anything of value done? I’m too busy for all that – we’d all be in trouble if we just rippled about like Flo”.

But it was interesting too. “Why do we all worry so much?” thought Dave.

Why do we all rush around? Why does life seem so busy? Surely there's got to be 'another way'.

He thought about something else Flo had said:

"Lappiness depends on the sea being perceived as positive; inner peace does not"

Dave liked that but didn't understand it either. "Does that mean I shouldn't try to be lappy?" he thought. "Do I just stop trying? Surely that's not the answer?"

But then again, he didn't have any answers himself. He had got to a stage in life when he knew he was just a bit lost. He was trying and trying but he just couldn't get things 'right'.

He knew that Flo got some of the other waves together sometimes – they would meet as a group

and 'feel the current'. And talk about the tides and stuff. Apparently, some of the waves would do this on their own too. Every day. Just doing nothing but feeling the current. It sounded a bit weird but maybe he could just quietly sit at the back in one of these 'Seafulness' sessions and nobody would notice. If it all got a bit weird he could just make his excuses and ripple off.

"Yeah, maybe I'll just give it a go" he thought "but if they think I'm gonna start drinking seaweed tea and all that, then I'm out of there quicker than you can say 'plastic pollution'!"

Dave the Wave's author is Gary Webb. We hope to bring you further instalments of Dave's exploration of seafulness at some point soon.



Mindfulness Yoga



Uncovering Somatic Habits and Reducing Suffering Aston Colley



When we start to look at these somatic habits within the context of our yoga practice, and recognise them as unconscious behaviours, it's not a big step to then realise that we have habitual patterns in the way we interact with people and with life in general.

Practising yoga can be seen as a sort of metaphor for what we do in life, except in a Mindfulness Yoga class we have a chance to slow things down and examine, moment by moment, what is happening. We have time to clarify our intention – to ask ourselves ‘what are we trying to do?’ As we start to execute our intention, how are we doing it? Are we huffing and puffing, struggling and straining? Or are our actions smooth and fluid? Is there economy in our movement? According to Pete Blackaby (Yoga Teacher Osteopath and Author) the difficulty we

have as human beings is that we have evolved to habituate behaviour. This is a wonderfully economic way to engage with the world – anything that has to be done on a repeated basis becomes learned and we then need to pay less and less attention to it as the learning goes deeper. Learning to drive is a good example: we have to develop a good proprioceptive sense of ourselves to know where the gear stick is, how much pressure to put on the pedals etc, while at the same time engaging with the environment, noticing and anticipating the action of other road users. After many lessons we develop an integrated sense of ourselves as drivers, moving our cars with



ease in and out of traffic in busy city centres. In a sense we are trying to sift our useful habits from our unhelpful ones – the useful habits we want to enhance, the unhelpful ones we want to disrupt. This is not that easy to do because they are inevitably bound up with each other. They have very much become us. Any unpicking of these behaviours generally requires slow, attentive practice with a lot of curiosity – we are trying to notice when we do too much or too little; whether our breathing changes unnecessarily; or whether we stiffen our muscles when we don't need to. We may start this with very simple movements, and as we become more skilful, we move on to more complex movements, all the time trying to reduce unnecessary effort.

How does this reduce suffering?

Well, firstly, and most obviously, losing tension and moving with more ease nearly always results in a more comfortable body.

But, of course, a suffering is much more than the easing of muscular aches and pains. So how can a mindfulness Yoga create wider changes in our lives? How does it reduce suffering in a wider sense? Pete argues that it does this in two main ways: by literally changing how we feel; and then through the recognition of our somatic habits. When we start to look at these somatic habits within the context of our yoga practice, and recognise them as unconscious behaviours, it's not a big step to then realise that we have habitual patterns in the way we interact with people and with life in general. We can then see more clearly, too, that not all of these patterns are helpful, and sometimes they cause upset.

We may start to realise that the unconscious holding patterns that play out in our bodies in response to life's events aren't the only unconscious patterns we have. Our emotional responses are often similarly

habituated – we may respond to criticism with anger, distress, shame or something else. These responses will be associated with clenched fists, tightened jaws or whatever other responses we learned as children – and, as with any other historical pattern of holding, these types of muscular patterns also involve hormonal release patterns by our internal organs. We can't consciously change those visceral patterns but we can change the muscular ones – so the next time criticism comes your way, if you can notice your tightening jaw, for instance, and then relax it, or the change

in your breathing and then restore it... if you can find support from your bones allowing your muscles to calm down, you will feel different, and the possibility of a change in your response to criticism becomes available.

And when we have learned to change our response to life- then life itself also changes – and very often for the better.

Aston Colley is running two Mindfulness Yoga CPD days.

“How to Teach Mindfulness Yoga “

May 24th online – zoom

August 16th in-person Oxford University

Please see back pages for further details.



Celebration Day 2025



A Day to Honour Our Mindfulness Now Community

Mindfulness Now has grown into a vibrant community of individuals who have embraced the power of mindfulness to enrich their lives and those of others.

It's that time of year again! On Saturday, 10th May 2025, we'll be joining together at the Midlands Arts Centre in Birmingham for Celebration Day 2025, a heartfelt event dedicated to the remarkable achievements of our Mindfulness Now graduates. This special occasion is not only a tribute to your dedication and growth but also an opportunity to connect, learn, and celebrate as a community.

Reflecting on Our Achievements

Mindfulness Now has grown into a vibrant community of individuals who have embraced the power of mindfulness to enrich their lives and those of others. Whether you are a student, recent graduate, seasoned member of our program, or simply a friend of our community, our Celebration Day offers a moment to pause,

reflect on your journey, and celebrate the milestones achieved. We hope it's a testament to the transformative impact of mindful practice and the collective strength of our community.

A Day of Connection and Inspiration

The day promises to be filled with opportunities to reconnect with fellow graduates and tutors, fostering a sense of camaraderie and mutual support. It's a chance to share your experiences, hear inspiring stories, and network with other passionate members of the Mindfulness Now family. Together, we will create an environment that celebrates growth, learning, and the bonds that unite us.

What to Expect

Celebration Day 2025 will be more than just a gathering; it will be a meaningful day of

mindful practice, learning, and exploration. Attendees can look forward to:

- **Supportive Mindful Practices:** Guided sessions that allow you to deepen your practice and find renewed inspiration.
- **Experience Sharing:** An informal open space to share your personal mindfulness journey and learn from others.
- **Networking Opportunities:** Connect with like-minded individuals, form new relationships, and strengthen existing ones.
- **Learning Something New:** Enrich your mindfulness toolkit with fresh insights and approaches.

Join Us in Celebration



Whether you're returning to reconnect or joining us for the first time, our Celebration Day 2025 promises to be an uplifting experience. Mark your calendars for this enriching event at the Midlands Arts Centre in Birmingham—the home of Mindfulness Now.

Our Inspiring Speakers

Here is our fantastic line-up of speakers for the day:

1. Will Crawford – Sharing insightful research findings from Birmingham University.
2. Issie Wan – Exploring the art of the mindful practice of tea drinking.
3. Tony Roycroft – Introducing the transformative concept of Street Wisdom.
4. Alan Muskett – Discussing strategies for

overcoming professional challenges with "The Burnout Ladder."

5. Alessia Sheldon – Guiding us through the gentle, energizing practice of Qi Gong.
6. Amanda Carter-Blackford – Inspiring us with techniques for mindful journaling to deepen self-awareness.
7. Aston Colley – Sharing the calming experience of Yoga Nidra.
8. Deborah Knight – Sharing the benefits that Mindful Anchors can bring

SMALLER STEPS

(Written by Claire Coles)

When you're taking on a challenge a
small step can feel way too slow
You can over think the ultimate goal and
strive for more than you're ready for
Reaching for the stars, we have to really
strive, this can feel so very daunting,
That's why taking it in smaller chunks can
enable you to thrive

We've learnt all about the tortoise and
that there hare
The race was won through calculated
moves rather than rushing head first
toward the finish line
We can often fall into the trap of
comparing ourselves to others
When, of course, deep down all that
matters is our own personal growth and
progress

As Baz Lurman said, the race is long,
and in the end its only with yourself
So then why do we 'human doings' put
so much judgement on ourselves to do
more?
They say that patience is a virtue and we
know this in mindfulness to also be true.
If you could take a beat, allow a smaller
step, and trust in yourself can you
imagine what you could achieve?!

Letting go & letting be is not how
modern life seems wired
But if only we could let ourselves
have faith in a beginner's mind
Know our own minds, stop
comparing, be loving and be kind
Acknowledge & accept that what
will be... can be

Knowing that we are known as
'human beings', not 'human
doings' for a very good reason
Setting our sights on inner peace,
calm and tranquility
Could that not be the way we move
forward much more successfully?
Leaving the judgement in the gutter
- saving our energy instead for
ourselves



Praising our smaller steps and taking the time to really ‘notice’ change for the better

Appreciating our own stamina for endurance and banishment of self doubt

Instead, allowing our awareness to centre on the benefits of starting afresh

...approaching things like we’re learning them for the first time – a true sense of awe envelops

Believing in our own abilities, remembering to take the time to breathe

Starting to find the next step more clearly, letting go of the pre-conceived

Because, of course, we could all rush through this life, thinking ‘what’s next? what’s next? what’s next?’

But in its place why don’t we praise our successes with mindfulness and grace?

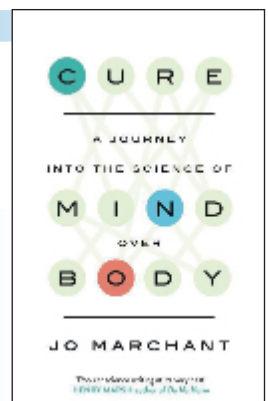
Photo acknowledgement – Mike Coles (Claire’s husband)

Book Review

Cure: a journey into the science of mind over body

Author – Jo Marchant

Book Review by Alison Bale



If you were designing a placebo capsule to reduce anxiety, you’d make it blue. Unless you were giving it to an Italian man. You see, placebos are colour and culture sensitive. One of many facts revealed in *Cure: a Journey into the Science of Mind and Body* by Jo Marchant.

In *Cure*, Jo Marchant looks at different aspects of how the mind and the body influence each other. And how that influence informs how we perceive and understand our world.

The science confirms what mindfulness already knows. That even though watching our thoughts may seem ephemeral, it can have a hard physical impact on our brains and our bodies.

Negative thoughts, for example, trigger a stress response in the body. And the reverse is also true – a body in fight-or-flight mode products a brain hyper-alert to threat.

And as we become more aware of our thoughts, we have the opportunity to accept that negative or stressful notions are not necessarily indicative of reality.

Cure covers the many studies that reflect how mindfulness-based interventions can not only reduce stress, this reduction is reflected in the size and shape of areas of the brain, and even the length of telomeres – parts of chromosomes that indicate how quickly we are ageing.

And if you are wondering about those Italian men, it’s because the Italian football team plays in blue.

Continuing Professional Development (CPD) 2025

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 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 ****

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 8th March 2025

ACT for Anxiety

Trainer: Nick Cooke

LIVE ONLINE VIA ZOOM

10.00 – 17.00

FULLY BOOKED - WAITING LIST OPERATING

Saturday 22nd March 2025

Trainer: Sharon Conway

AI Beginners for Mindfulness Teachers

LIVE ONLINE VIA ZOOM

10.00 – 16.30

Demystify AI and learn the basics to improve participant experience, increase your efficiency and grow your audience. Focus on building rapport with your participants and give yourself more time to deliver your teaching by using AI to enhance your mindfulness services.

The purpose of this course is to learn how to use simple AI, where appropriate, to give you more time to deliver your teaching (by creating content) bring more variety into your sessions (by enhancing content) and to help you to create more professional social media and blog posts (with Canva)

You don't have to know how it works to use it!

This course is for beginners and provides the basics of how to use tools to create content, we will showcase several AI tools available comparing free and paid versions and discuss considerations for the best fit for your teaching, it is not aimed at those already confident in using AI tools.

We will provide you with take-aways including prompts and templates to aid usage of the tools, with information on further support and help.

You can book your place here -

<https://mindfulnessnow.org.uk/cpd-ai-beginners-for-mindfulness-teachers-2025/>

Sunday 6th April 2025

Mindfulness and Buddhism

Trainer: Tony O'Shea-Poon

LIVE ONLINE VIA ZOOM

10.00 – 17:00

This continuing professional development practice day for mindfulness teachers and therapists will take place online

using Zoom.

Students and participants 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 theory and 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, so you will get to immerse yourself in the practice in a way that will deepen your understanding and experience.

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. We will explore a couple of the key Sutras (discourses on mindfulness) and what they mean for us today. We will be introduced to the Five Mindfulness Trainings, developed by Thich Nhat Hanh from the original Buddhism precepts, and providing a global ethic for living peacefully and productively in our modern world.

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

We aim to finish no later than 4:45pm.

You can book your place here -

<https://mindfulnessnow.org.uk/cpd-mindfulness-and-buddhism/>

Saturday 12th April 2025

Mindfulness with Teens

Trainer: Rachel McKenna

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.

You can book your place here -

<https://mindfulnessnow.org.uk/cpd-mindfulness-with-teenagers/>

And also counting towards your annual CPD –

The Mindfulness Now Celebration Day 2025!

Saturday 10th May 2025

In-person

Edgbaston, Birmingham

10:00 – 17:00

We're pleased to announce the date of our annual Celebration Day. Getting bigger and brighter and better each year, this is a relaxed and friendly event open to all so if you'd like to bring a friend, great! It'll be a day full of talks, meditations, socialising and fun so add the date to your calendar now!

More details will be published very soon so look out for the mailings.

Last year we had a huge waiting list so do book your tickets as soon as the booking page goes live!

We look forward to seeing you!

Don't miss out! Book your place now! -

<https://mindfulnessnow.org.uk/celebration-day/>

12th – 16th May 2025

(5 day practitioner course)

Compassion Focused Wellbeing

Trainers: Madeleine Agnew and Nick Cooke

LIVE ONLINE VIA ZOOM

10:00 – 17:00 each day

An intensive five day course leading to the Compassion Focused Wellbeing Teacher Training qualification accredited and certified by the NRPC (National Register of Psychotherapists and Counsellors) and the MTA (Mindfulness Teachers Association). Equipping you to teach Compassion based approaches along with the formal CFW Programme in educational, therapeutic, workplace, health settings, in public and private groups and working 1-2-1 with clients.

- Online via zoom – fully interactive
- Led by highly experienced and supportive tutors
- Fully accredited and certified teacher training leading to professional insurance as a practitioner of CFW
- Training in the CFW programme, includes a progressive fusion of evidenced based Compassion Focused Therapy CFT and other self compassion approaches along with Mindfulness Now which offer a fusion of both MBSR and MBCT
- Excellent Value at £900 (discounts are currently available for graduates.)
- Payment plan option available
- Price inclusive of all training, materials, assessment, and certification
- Exceptional post qualification support and continuing professional development
- An flexible structured 8 week programme offering a fusion of CFT, MSC and Mindfulness Now
- The CFW teaching programme includes working 1:1, within organisations such as the NHS and working with children and teens.
- Opportunity to become a licensed teacher of Compassion Focused Wellbeing CFW.

Find out more and enrol here -

<https://mindfulnessnow.org.uk/compassion-focused-wellbeing-teacher-training-cfw/>

Saturday 24th May 2025

How to teach Mindfulness Yoga

Trainer: Aston Colley

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 theory and practice, specific guidance and choreographed

practice to teach, with a script to teach from. A look at modifications and an opportunity to practice with others on the course. 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 fee is £130 for students and graduates of CEC and £160 for others. Attendees are requested to wear loose fitting clothing and have their own yoga mat + blanket. Aston's workshops are inclusive to all able bodied—both experienced Yoga practitioners and complete beginners welcome.

If you are unsure of your suitability don't hesitate to contact Aston on 01239 920879 or aston@unwind.uk.com. He will be happy to advise.

You can book your place here -

<https://mindfulnessnow.org.uk/cpd-mindfulness-yoga/>

Saturday 31st May 2025

Expectations, Embodiment and Enquiry

Trainer: Rachel Broomfield

LIVE ONLINE VIA ZOOM

10.00 – 17.00

'Bringing the Being back into Doing'!

A deeper dive into three vital areas of mindfulness practice and teaching. This day, aimed at both therapists and mindfulness teachers, will consist of discussion and practice time that will help to deepen your level of understanding and expertise when 'responding' to expectations (whether your own or the people you're working with) and to whatever goes on within your therapy sessions or teaching groups.

Through learning and experiencing more about embodiment and enquiry, you will develop a more compassionate approach and have deepened your awareness of how to take care of yourself and those you're helping.

- Focus on the two meanings of embodiment
- Focus on the attitudes of mindfulness for teaching and during therapy
- Enquiry – Asking the right questions of ourselves and others and knowing how and if to respond

You can book your place here -

<https://mindfulnessnow.org.uk/cpd-expectations-embodiment-and-enquiry/>

MINDFULNESS NOW RETREATS:

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

Thursday 15th May 2025

Facilitator: Aston Colley

In Person – Broadway, Cotswolds

Cost: £85

Saturday 24th May 2025

Saturday 24th May 2025

Facilitator: Sharon Conway

In-person – Dalkieth, Edinburgh

Cost: £85