



Breathing Space

the learning and development journal
for all mindfulness teachers & therapists

Issue 38

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Welcome to Issue Number 38!

Hi and welcome to Issue #38 of Breathing Space.

In this issue, we explore the many ways mindfulness touches and transforms our lives — through change, nature, faith, the senses, and the quiet moments that invite us home to ourselves.

Daniela Matias shares a deeply personal journey of healing and rediscovery, showing how mindfulness helped her peel away old layers of pain to find freedom and presence once more. Sarah Giordano gently guides us through the turning of the seasons, exploring how mindfulness helps us align with nature’s rhythms and find joy in change. Ollie Stevens invites us to awaken the often-overlooked sense of smell, discovering how scent can ground us in the present moment and deepen our mindfulness practice.

Drawing inspiration from scripture, Mark Bredin reflects on how biblical teachings enrich his chaplaincy work and mindfulness practice, weaving faith and presence into compassionate service. And through tending to her allotment, Rachel Singh reveals how gardening can become a mindful ritual — nurturing many of the mindful attitudes.

And then there’s a mindful poem No Regrets by Natasha Brady, offering a reflective pause that encourages acceptance, presence, and living fully without looking back.

All of our CPD/retreat listings are also contained within the back pages.

As always, thanks to everyone who has contributed to this issue. If you’d like to write an article then do please get in touch with me – all the contact details are here on this page.

Happy mindful reading!

All good wishes,

Rachel

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



Breathing Space

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Publisher

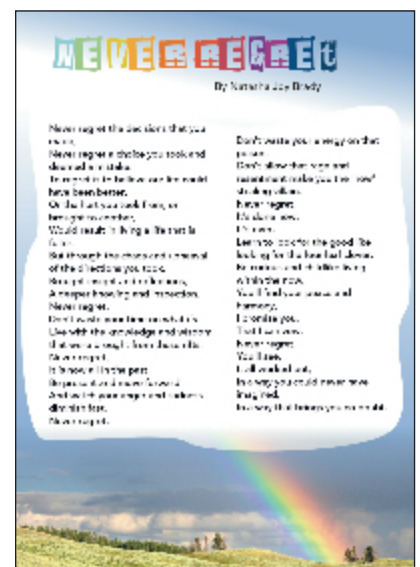
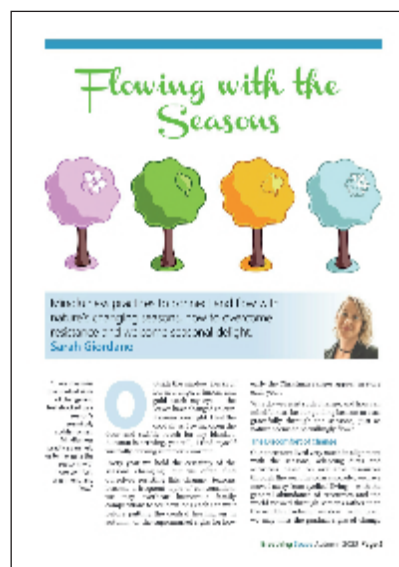
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Peeling Off an Old Layer to Embrace a New Way of Being

“Let It Go to Let It Be, Let It Be to Let It Go” – Escuta(te)
**Daniela Matias – Mindfulness Teacher with
Mindfulness Now**



One question which crops up from time to time in supervision is: ‘Based upon what I’ve learned and qualified in so far, how do I decide which programme and intervention is most appropriate for this client/participant at this time?’

I was 24 years old when mindfulness came into my life. I decided to go to a mindfulness lunch-time class in Lisbon during a period of high stress. The class was very interesting, so I enrolled in a mindfulness beginners’ course and started practicing it every day. Later, I moved to the UK, and the intensity of the change disconnected me from my mindfulness practice.

At 26, I experienced depression and an anxiety disorder due to a messy emotional life, poor mental health, and rejection from family members,

especially after a spiritual/religious trauma that involved a lot of manipulation. I spent four years feeling constantly triggered and hiding from the world – afraid of being, afraid to go outside, isolating myself whenever someone rang the doorbell.

Eventually, I returned to mindfulness through the “Mindfulness Now” course. I felt accepted, heard, and human. Listening to other people’s stories opened a new vision for me, and the course helped ease my anxiety – but I kept hiding and running away. After the end of a toxic relationship, I decided to go on a backpacking trip, allowing me to embrace new ideas, stories, and visions. I did a few circles of mindfulness, but I was still afraid.



Upon my return, I launched a project named Escuta(te), which ended badly for me, yet something changed in that moment. I felt deeply exhausted and sensed the need to stop and reflect deeply. That was when mindfulness took on a deeper meaning in my life, and I became present with all the pain, struggles, and difficulties I had — and the ones I had created for myself.

I came to the realization that I had spent years saying “Let it go!”, convincing myself to “just move

on” and “be positive”, not allowing myself to let it be. So I started to let it be in order to let it go — sitting with myself, my skeletons, and my pain, and allowing them to be. I felt the heaviness in my body from all those struggles — the heavy breathing, the lack of vision and hope, the tears running down my face, the body pain.

I entered the void where I allowed myself to be fully present, embracing who I was and who I had been. There, I realized that hiding and running were not forms of protection or growth, but reactions to trauma and life’s circumstances. This was crucial — being mindful of the feeling of peeling off that old layer and embracing a new way of being.

Mindfulness made me realize I do not control some events, reactions, thoughts, words, but if I am present I can contemplate how I react to the situations, make a choice and live the decision process and the consequences of it.

Mindfulness, thank you, you gave me my power, freedom and the sense of Being back! I am now a woman who is not afraid of Being.

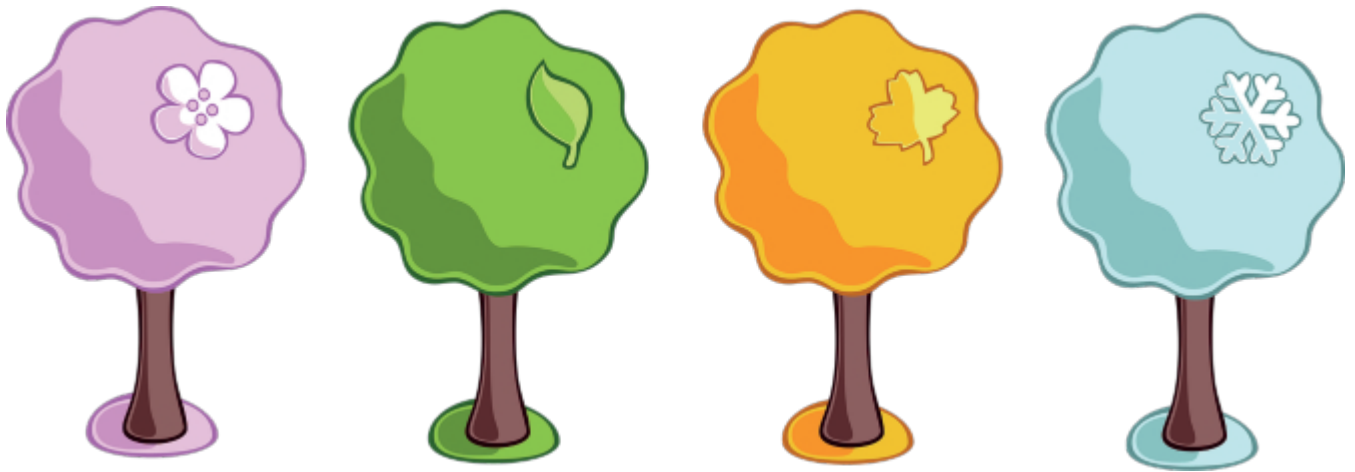
Daniela Matias is a biomedical scientist currently based in Portugal, enjoying this chapter of her life while preparing to embark on a new journey abroad.

She is a certified Mindfulness Meditation Teacher through Mindfulness Now, with additional training in mindfulness practices, life coaching, feminine cyclicity, and natural gynecology.

For inquiries or connections, feel free to reach out at dani.lucena.matias@gmail.com



Flowing with the Seasons



Mindfulness practices to connect and flow with nature's changing seasons, how to overcome resistance and welcome seasonal delight.

Sarah Giordano



"... we may miss the gradual signs of change and feel shocked by a season's seemingly sudden onset.

Mindfulness practice can help us to navigate the seasons with more comfort, alignment, and flow."

Outside the window, flecks of burnt orange, crimson, and gold catch my eye — the leaves have changed colour; it seems overnight. I feel the cool air as I swing open the door and swiftly reach for my blanket. Autumn is arriving, yet still, I find myself wistfully craving summer's warmth.

Every year we hold the certainty of the seasons changing, but we often find ourselves resisting this change. Seasons become a frequent topic of conversation: we may overhear humorous family competitions to see how long each can wait before putting the central heating on in autumn, or the supermarket sighs for how

early the Christmas ranges appear in store each year.

Why do we resist such change, and how can mindfulness be our guiding beacon to ease gracefully through the seasons, just as nature seems to so willingly flow?

The Discomfort of Change

Our ancestors lived very much in alignment with the seasons, adapting diets and activities based on available resources through the year. In today's society, we have moved away from cyclical living — with the general abundance of resources and the world viewed through screens rather than the world outside our window. In doing so, we may miss the gradual signs of change



and feel shocked by a season's seemingly sudden onset. Mindfulness practice can help us to navigate the seasons with more comfort, alignment, and flow. Here are some mindful ideas to try.

Living in Seasonal Alignment

"When we begin to attune ourselves to the natural world around us and live in flow with its wisdom, our lives take on so much more meaning." — Kirsty Gallagher

Awakened Senses

Spending time in nature with a beginner's mind, pausing to experience sensual seasonal delights, can lift our moods — giving us a sense of emotional healing through the seasons, as Emma Mitchell suggests in her book *The Wild Remedy*.



Seasonal Altar

Creating an area at home to display seasonal nature items can help us connect to and embody the joy and essence of each season. In her book *Sacred Seasons*, Kirsty Gallagher also recommends adding candles, affirmations, and crystals to welcome each new season.

Favourite Things

Bring a sense of excitement to the season by creating a list or vision board of your favourite seasonal experiences to try, and tick them off as you go — such as foods and activities to look forward to.

Journaling Joy

New seasons bring the hope of new beginnings. Ask



yourself what seeds you would like to grow within yourself this season.

Mindfulness is a beautiful reminder of how to align with nature's seasons with grace and flow. May we all learn to feel the spring in our step and dance in the April showers, make hay while the summer sun shines, turn over a new leaf in autumn, and beat those winter blues in the winter. As Ralph Waldo Emerson wrote:

"Not the sun or summer alone, but every hour and season yields its tribute of delight."

Sarah is an Occupational Psychologist and Wellbeing Practitioner based in Northamptonshire, bringing mindfulness to adults, children, schools, and workplaces through her business Lemonkind.

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Instagram: @lemonkind_mindfulness

Insight Timer: Sarah Giordano





A fragrant gateway to emotion and clarity

Ollie Stevens



What makes smell so distinctive is its direct pathway to the limbic system, the part of the brain that governs emotion and memory. This is why the scent of jasmine might transport you instantly to a childhood garden, or why the brightness of citrus can cut through mental fog and lift your spirits.

When was the last time you really noticed a scent? Not in passing, not just catching a whiff of coffee as you rushed through your morning, but really noticed it. The sharp freshness of pine needles on a woodland path. The earthy, grounding scent of rain hitting warm soil (a rare but glorious moment when the ground is warm enough here in Scotland). The calming notes of lavender, or the warm richness of sandalwood.

And more importantly: did you notice how it made you feel?

A few years ago, while immersed in my dissertation, I found myself drawn to one of our most overlooked senses—smell. It fascinated me that scent could influence

mood, trigger vivid memories, and even alter behaviour, yet it often receives far less attention than sight or sound. This curiosity led me to train as an aromatherapist, deepening my understanding of how this powerful sensory system shapes psychological wellbeing.

This exploration was not an isolated pursuit. It built upon a broader foundation of study and practice—psychotherapy, personal training, massage therapy, and nutritional science. I had also explored the five senses in different ways, including a brief foray into audiology to better understand how sound influences regulation and stress. Yet of all the senses, it was olfaction—our sense of smell—that proved the most elusive and



captivating.

What makes smell so distinctive is its direct pathway to the limbic system, the part of the brain that governs emotion and memory. This is why the scent of jasmine might transport you instantly to a childhood garden, or why the brightness of citrus can cut through mental fog and lift your spirits. Neuroscience has shown that aromatic compounds such as linalool in lavender or limonene in orange can measurably affect stress, anxiety, and focus (Herz, 2009; Faridzadeh et al., 2022). We don't just smell these compounds—we feel them.

Nature's scents carry their own wisdom. Pine, soil, or petrichor (that wonderful scent of rain on dry earth) can evoke grounding, nostalgia, or awe. These responses are not random; they are deeply woven into both our biology and our personal histories.

This connection is also evident in cultural practices. In Japan, for instance, studies on the aroma of hinoki (Japanese cypress) have shown calming effects on the nervous system, lowering stress hormones and supporting focus. Leaders in high-pressure corporate roles reported improved clarity and reduced tension simply by being exposed to this natural scent (Matsubara, Matsui & Ohira, 2020). This highlights how cultures have long recognised the therapeutic potential of smell, something modern neuroscience is only now beginning to validate.

The importance of this connection became especially clear during the pandemic, when many people lost their sense of smell. What was lost was more than a sensory input—it was a vital thread of connection to the world: the ability to taste fully, to be soothed by a familiar scent, to access subconscious memory pathways that enrich daily life.

This is why cultivating awareness of smell can become a mindful practice in itself. Next time you're outdoors, or simply sipping your morning tea, pause. Breathe in. Notice. Ask yourself:

- What does this scent remind me of?
- How does it make me feel?

That simple act of awareness can become a micro-practice of mindfulness—a fragrant step toward emotional regulation and mental clarity.

Because sometimes, stopping to smell the roses isn't a cliché at all — it's mindfulness in action.

Ollie Sharp is a Psychotherapist based in Aberdeenshire, offering integrative online and in-person therapy through Mind Matters. Her practice combines evidence-based approaches in psychology, hypnotherapy, mindfulness, and compassion-focused wellness, alongside aromatherapy and insights from the gut-brain axis to support emotional balance and holistic healing. Having grown up in a male-dominated outback Australian town and worked extensively in the male-heavy energy sector, Ollie brings particular sensitivity to her work in men's mental health, helping clients cultivate emotional resilience and self-understanding in environments where openness is often discouraged.

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GROWING PRESENCE



Mindfulness and Nature, Wellbeing, and Lessons from the Allotment

Rachel Singh



Studies have shown how gardening reduces stress and anxiety. Mindful interactions with green spaces can reduce cortisol levels, lower blood pressure, and improve mood and cognitive function.

The shift from the busy “doing” mode of the day into a more grounded state often begins the moment I step onto the allotment. Whether it’s the familiar rhythm of watering the leeks, beets, sweetcorn, and pumpkins these tasks become a kind of ritual: a way to unwind, return to my breath, and gently reconnect with my body. In these moments, mindfulness arises not through effort but through presence - noticing and bringing attention back to this moment in time or the breath.

This daily reconnection with the land has become more than just a practical task—it’s a core part of how I support my own mental health. With research highlighting the restorative effects of nature on the nervous system. Studies have shown how gardening reduces stress and anxiety. Mindful interactions with green spaces can reduce cortisol levels, lower blood pressure, and improve mood and cognitive function. The International Journal of Environmental Research and Public Health published extensive evidence showing how nature-based



interventions can alleviate symptoms of anxiety, depression, and emotional dysregulation.

Jon Kabat-Zinn shows up even when working with the land:

- Beginner's Mind - I meet each plant with curiosity rather than assumption. What does this particular vegetable need? What does this patch of soil offer? Each plant has its own language of care—beetroots prefer a loose, rich soil; leeks demand delicate handling in their infancy. Learning to meet these needs without rushing ahead invites a tender presence.

Non-Striving - I arrived at the plot in “doing mode,” eager to dig, sow, and clear bindweed. Yet gardening doesn't reward impatience. One day, in a moment of flurry, I tore open a packet of carrot seeds and spilled them across the bed. Instead of trying to ‘fix’ the situation, I had to practice radical acceptance. Now, I wait and see what emerges, releasing control over where and how the carrots might flourish.

Acceptance and Trust became essential when the leeks appeared fragile and slow to thrive. Instead of despairing, I now water them gently, adding a sprinkle of bone meal and simply noticing how their small bodies begin to stand taller. They teach me to trust in natural timing, not my own internal

deadlines.

Letting Go is a practice in itself—whether it be outpacing the birds to the ripe raspberries!

The allotment has become a place of reconnection and returning to our senses. The feel of soil in your hands, the sight of raspberries blushing in the sun, the sound of birdsong overhead—all of these offer portals to the present moment.

As a therapist, the allotment is reminding me daily of something deeper—the importance of tending & caring to ourselves. Reminding us the importance of self enquiry whether prompted by the texture of damp earth, or sound of bees weaving through lavender.

A Gentle Invitation

You don't need to have an allotment to begin. Perhaps it's a windowsill herb or a walk in the park. Nature invites us into a non striving relationship, the gentle rhythm of growth, the cycle of seasons, the breath moving in and out.

Rachel is a BACP Accredited Therapist and Mindfulness Coach based in Sussex.

Website - <https://mindfulnesswithrachel.co.uk/>

She provides a range of services including Mindfulness Courses for Autistic and Neurodivergent Adults.



Mindfulness and the Bible



Can religious text serve as inspiration? Mark Bredin



I guided prisoners, for example, to utilise their deeply unconscious repressed material as compost for/to growth. They sensed deeply that their thoughts/ruminations were worse than their prison cells. They found themselves imagining Jesus' encounters, experiencing his compassion/anger... empathising with the bullies, the victims, the disciples, and with Jesus.

I began my Mindfulness journey with a 2 week stay in a Zen Monastery at Plum Village, France, in 1997, aged 33. There I met a vibrant Thich (Thay) Nhat Hanh. Meeting him in his hermitage, hearing his Dharma talks, and staying with his Sangha, set in motion an increasing sensitivity to acceptance, compassion, non-judgment, and beginners mind. Being in Thay's hermitage was a special spiritual moment in which I experienced an outpouring of unconditional love through his face. I was only vaguely aware of this at the time. But it has become more influential, particularly since his death 3 year ago. My safe spot in meditation is imagining being with him in his hermitage. I am a biblical scholar with specific

interests in drawing upon the spiritual-imaginative power of symbol/metaphor and image in Christian texts for transformation. I use mindfulness-based meditation to help people relax and activate their imagination to experience especially Jesus' encounters with people. In my work as a prison chaplain, I guided prisoners, for example, to utilise their deeply unconscious repressed material as compost for/to growth. They sensed deeply that their thoughts/ruminations were worse than their prison cells. They found themselves imagining Jesus' encounters, experiencing his compassion/anger (Greek can mean either or both), empathising with the bullies, the victims, the disciples, and with Jesus. They did not need the custodians of ecclesiastical power to interpret them. The

Gospels helped them to be aware of their thoughts allowing harmful material to be transmuted to nourish the soul.

I began training with Mindfulness Now in Devon in 2021. I completed the Diploma in Mindfulness Based Clinical Hypnosis in late 2024. That training has allowed me to re-imagine/birth biblical stories, parables, and some of the great mystic writers of the various Christian traditions. Mindfulness Now can equip us to trust our own instincts; consequently, a treasury of symbol/metaphor/image is re-birthed to assist us to hear the voice of wisdom within ourselves and help us with our clients, enemies, friends, and families etc.

I now work as a hospital chaplain. I remember recently being called to support a 93-year-old woman. She was close to death. She asked me to help her let go of her physical and existential pain. I guided her into a state of deep relaxation. I then paraphrased Psalm 23 - the Lord is my Shepherd. I invited her to rebirth, for positive hypnotic suggestion, the restful waters, laying in the green grass, walking through the valley of the shadow of death... and the final resting place. I did not awaken her. I invited her to stay there. She died soon in that state of relaxation with positive suggestions.

My purpose, in sharing this article, has been to meditate using the bible, not as a rule book or text of indoctrination or social control or psychic repression.



But one that recounts experiences, wisdom, violence, and darkness etc. Stuff to activate the imagination. I invite all you amazing mindfulness teachers, whether of faith or not, to open the pages of the bible and utilise them for yourself.

Dr Mark Bredin, PhD, M. Theol, HPD (NCH), Clinical Hyp Dip

Accredited Mindfulness Now and Compassion Focused Wellness Teacher

Mark has worked for 10 years as a prison and hospital chaplain using mindfulness and hypnotherapy to help people find for themselves wholeness. He also works as a theologian reflecting on narrative and story to amplify imagination publishing such work as a way of meditation. This work emerges in wanting to help others and himself find wholeness in a world that forces conformity and opposes imagination.



NEVER REGRET

By Natasha Joy Brady

Never regret the decisions that you made,
Never regret a choice you took and deemed a mistake.
To regret is to believe our life could have been better,
Or the hurt you took from, or brought to another,
Would result in living a life that is fuller.
But through the chaos and upheaval of the directions you took,
Brought insight and reflections,
A deeper knowing and inspection.
Never regret,
Don't waste your time on what ifs.
Live with the knowledge and wisdom that were brought from those rifts.
Never regret,
It is now all in the past,
Be present and move forward
And watch your anger and sadness diminish fast.
Never regret,

Don't waste your energy on that poison,
Don't allow that rage and resentment make you the 'now' stealing villain.
Never regret,
It's done now,
It's over.
Learn to look for the good like looking for the four-leaf clover.
Be curious and childlike living within the now,
You'll find your peace and harmony,
I promise you,
That I can vow.
Never regret,
You'll see,
It all worked out,
In a way you could never have imagined,
In a way that brings you no doubt.



Book Review

How To Winter

By Kari Leibowitz, PhD

Book Review by Lorraine Chapman



For me, this is a book full of joy. Kari Leibowitz sets out to change the culturally biased view of winter that many seem to harbour, and suggests that we could benefit from learning to adapt to, enjoy and even celebrate winter.

During her time in Tromsø, Norway (200 miles north of the Arctic Circle!) Leibowitz had expected her research to reveal higher rates of mental health problems. Instead, she found that people embraced the long winters by celebrating, through cultural events such as the Tromsø International Film Festival, the Polar Night Half Marathon, and the Northern Lights Music Festival.

Leibowitz recounts her many positive experiences in Tromsø's day-to-day culture and encourages us to seek and engage in the sensory experiences of winter – the

smells, sights and sounds. As mindfulness practitioners, we know how beneficial this informal mindfulness is for our mental and emotional wellbeing – a little gift of joy.

The book can be a tad heavy going in places, but is well worth the effort when you discover interesting facts such as the numerous health benefits offered from spending time in a sauna, as well as suggestions on how to improve your perception of winter for example celebrating what you can do in winter that doesn't work so well in the summer.

In essence, Leibowitz encourages us to adapt our mindset (see also Dweck, *Mindset: The New Psychology of Success*), and look forward to the season, and I felt cheered and excited.

Continuing Professional Development (CPD) 2025/6

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 6th December 2025

Trainer: Sharon Nielson

LIVE ONLINE VIA ZOOM

10.00 – 16.30

AI Beginners for Mindfulness Teachers

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!

Learning Outcomes

By the end of the session, you will:

- understand some of the emerging AI Tools that can support your mindfulness teaching
- have seen some AI tools in action
- be able to engage with AI at a basic level to support your teaching
- learn how to create more professional and creative online content
- have discussed ethical considerations

Teaching Methods

The day is a mix of

- Live teaching and demonstrations
- Exercises
- Breakout sessions
- Group discussion
- Slides

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/>

Saturdays 3rd January – 28th February 2026

Trainer: Rachel Broomfield

LIVE ONLINE VIA ZOOM

10.00 – 11.30

Mindfulness Now 8 week Programme

Whether you are considering training, currently training or one of our graduates, this CPD is an opportunity to experience the official Mindfulness Now 8-week programme.

Fully inclusive of the Gift Retreat Day running on 28th February 2026

You can book your place here -

<https://mindfulnessnow.org.uk/uk-college-cpd-the-official-mindfulness-now-8-week-programme/>

Saturday 7th February 2026

Trainer: Nick Cooke

LIVE ONLINE VIA ZOOM

10.00 – 17.00

Joining the Dots

Nick Cooke is leading a CPD day entitled 'Joining the Dots' for all talking therapists, including teachers of mindfulness as well as Compassion Focused Wellbeing, and hypnotherapists, live, interactive on Zoom on Saturday 7th February 2026 from 10.00 AM to between 4.30 and 5.00 PM.

'Joining the Dots' is an invitation to join other students and graduates, explore the connections between talking therapies, and in particular, hypnotherapy (MBCH), as well as the teaching of Compassion Focused Wellbeing, and the teaching of mindfulness through the Mindfulness Now programme – with the opportunity to learn, discuss and practise:

- Safe and ethical practices for mind/body healing
- Creating healing visualisations
- Evidence based self-directed neuroplasticity for self-compassion
- Creating metaphors based upon the client's own experiences
- Briefer approaches to mindfulness teaching and talking therapy

The one-day course will also contain some new and adapted

visualisations/meditations which be useful with Mindfulness, Hypnotherapy or Compassion Focused Wellbeing. The style will be practical / interactive with 'learning through practise', as well as lots of discussion, so if you are looking for opportunities to practise, this course could well be for you.

You can book your place here

<https://mindfulnessnow.org.uk/cpd-joining-the-dots/>

Saturday 28th February 2026

Trainer: Alan Muskett

LIVE ONLINE VIA ZOOM

10.00 – 17.00

The Burnout Ladder

Are you ready to transform the way you support clients struggling with stress, anxiety, and burnout?

Our new CPD course for hypnotherapists and mindfulness teachers, The Burnout Ladder, is designed to equip you with practical tools, insightful frameworks, and a deeper understanding of burnout. Whether your clients are facing workplace pressures or life's broader challenges, this course is your gateway to effective identification, prevention, and recovery strategies.

This full-day course is packed with actionable insights, discussions, and tools to deepen your practice. Here's what to expect:

1. Understanding Burnout

- Explore definitions of burnout, including WHO frameworks, and the latest research.
- Learn to identify who is at risk—beyond just work-related pressure.
- Breakout discussions and insights into the prevalence of burnout in modern life.

2. Causes of Burnout

- Delve into human responses to pressure and the habits that form burnout traps.
- Explore how burnout intersects with life circumstances and other underlying challenges.

3. The Burnout Ladder® Framework

- Learn the innovative six-rung ladder structure to outline stages of burnout.
- Gain a new language to understand, prevent, and resolve burnout—starting with prevention.

4. Detecting Burnout

- Understand how to use a 60-question burnout questionnaire to uncover symptoms and triggers.
- Learn to interpret qualitative and quantitative data, with practical role plays and coaching scenarios.

5. Treatment Approaches

- Discover 18 practical tools for burnout prevention and recovery.
- Develop personalised treatment plans to suit each client's unique challenges and preferences.
- Integrate these tools seamlessly into your existing practice toolkit.

Included in Your Training

- Pre-Course Reading: Receive a copy of The Burnout Ladder book as part of your ticket (hard copy).
- Exclusive Tools & Insights: Access a checklist of burnout causes, symptoms, and traps, as well as the ladder framework.
- Practical Resources: Take-home handouts, a comprehensive questionnaire, data insights, data interpretation tools, and a detailed guide to 18 burnout solutions.
- Real-World Application: Engage in breakout discussions, role plays, and hands-on coaching simulations.

You can book your place here

<https://mindfulnessnow.org.uk/the-burnout-ladder-cpd/>

Saturday 7th March 2026

Trainer: Madeleine Agnew

LIVE ONLINE VIA ZOOM

10.00 – 16.30

Mindfulness and Neurodiversity

Mindful Inclusion: Supporting Neurodivergent Participants in Mindfulness Teaching

Course Introduction

As mindfulness grows in reach and relevance, so must our commitment to accessibility and inclusivity to the diverse ways people experience the world. It is estimated for instance, that 15-20% of the population is neurodivergent (Doyle, 2020), and so mindfulness teachers are likely to work with participants who are neurodivergent. Neurodivergent is a term used to describe people whose brains work differently from what is considered “typical” or “neurotypical.” It refers to natural variations in how people think, learn, process information, feel emotions, and interact with the world.

People who are neurodivergent may have:

- Autism
- ADHD (Attention-Deficit/Hyperactivity Disorder)
- Dyslexia (difficulty with reading)
- Dyspraxia (motor coordination issues)
- Dyscalculia (difficulty with math)
- Tourette syndrome
- Obsessive-Compulsive Disorder (OCD)
- Bipolar disorder and other mood disorders

This short course is designed for mindfulness teachers who want to deepen their understanding of how to effectively and compassionately support neurodivergent participants and also including a focus on inclusion and accessibility for others from marginalised communities, including LGBTQ+ individuals. During the training we'll explore how different forms of neurodivergence—including autism, ADHD, dyslexia, dyspraxia, and sensory processing differences—can shape how participants engage with mindfulness. Through discussion and reflective practices and exercises, you'll learn how to adapt your teaching to be more responsive and inclusive. You'll also be introduced to ways of supporting LGBTQ+ participants recognising the intersecting needs that arise in safe, inclusive mindfulness spaces.

This course is rooted in compassion, flexibility, and respect for individual differences—offering you both practical tools and a mindset shift toward inclusive and adaptive practice.

You can book your place here -

<https://mindfulnessnow.org.uk/cpd-mindfulness-and-neurodiversity-inclusion-neurodivergent-training/>

Saturday 21st March 2026

Trainers: Rachel McKenna and Madeleine Agnew

LIVE ONLINE VIA ZOOM

10.00 – 16.30

Trauma Informed Practitioner Certification – Part One

This trauma sensitive mindfulness practitioner training course has been developed with mindfulness teachers in mind but would be equally valuable for any talking therapists, yoga teacher or indeed anyone working and practicing in a teaching, caring or healthcare role.

This day is part one of a two part training course. The course has been developed so each day (part 1 and 2) can also be stand alone courses in their own right and there is no obligation to attend both days. You are also welcome to attend part two first, if that works best for you.

A direct quote from Nick Cooke Mindfulness Now course creator – “When I first developed the Mindfulness Now Programme at my clinic in Birmingham back in 2006, I soon recognised the need to steer people towards a mindful practise that creates healing and away from potential re-

traumatising. Being a trauma survivor myself, I was well aware of the need to be highly cautious and sensitive when it came to mindful teaching and practicing”.

Our training course delves even deeper into recognising and understanding trauma and learning how we as practitioners can respond in a skilful way. Our overall aim is to help prevent re-traumatisation as best we can within our work as teachers and therapists.

We don't want to create any fear around trauma but instead leave practitioners confident that they can successfully help participants and clients to better cope with traumatic stress within their personal mindfulness practise and to steer them towards a place that ultimately feel safer for them.

To be clear, this course is not meant as a 'trauma healing course', instead this course has been developed to provide practical resources to help practitioners to effectively teach in the safest way possible and to ultimately empower whomever they work with.

Our course includes: learning about trauma and understanding how trauma can effect our minds and bodies. Throughout the training we will be exploring how we can deliver mindfulness teaching in a safer more compassionate way, using our optimal zone of arousal, adopting trauma sensitive language – NIA, creating our own trauma 'shields' and considering creatively how else we can best look after the safety of our participants. We will look at ways to remain as inclusive as possible and at the same time as safe and as aware as we can be of the varying needs of our participants.

This CPD is being delivered by experienced trauma informed practitioners and mindfulness teacher trainer's Rachel McKenna and Madeleine Agnew.

You can book your place here -

<https://mindfulnessnow.org.uk/cpd-trauma-informed-practitioner-certification-mindfulness/>

MINDFULNESS NOW RETREATS:

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

Saturday 28th February 2026

Facilitator: Rachel Broomfield

Online

10:00 – 16:00

Cost: £50

Saturday 25th April 2026

Facilitator: Sharon Nielson

In-person - Dalkeith Country Park – Edinburgh

10:00 – 16:30

Cost: £85

Thursday 14th May 2026

Facilitator: Aston Colley

In Person – The Guildhouse, Stanton, WR12 7NE

10.00 – 17.00

Cost: £85

