



# Breathing Space

the learning and development journal  
for all mindfulness teachers & therapists

Issue 39

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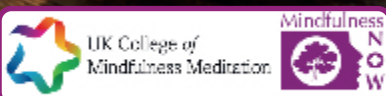
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# Welcome to Issue Number 39!

Hi and welcome to Issue #39 of Breathing Space!

As I read through the contributions gathered here, I was struck by a shared invitation running through them all: the invitation to slow down, pay attention, and trust the unfolding of our lives.

In different ways, each author explores what happens when we create space for reflection. Tony O'Shea-Poon reminds us of the quiet wisdom that can emerge through longer periods of practice and presence. Kirsten McKenzie shows us how creativity and mindfulness meet in the simple art of writing haiku poetry. Daniela Matias reflects on the uncertainty that often accompanies life's transitions, encouraging us to embrace pauses as opportunities for self-discovery rather than problems to be solved. And Ollie Sharp offers playful ways to reconnect with creativity, intuition, and fresh perspectives.

Fran Flint's beautiful poem speaks to the courage it takes to release old masks, carry love more lightly, and step forward into new possibilities with openness and trust.

And of course, this issue also celebrates the importance of community. Our very own Mindfulness Now Community! And our Celebration Day article reminds us that mindfulness flourishes not only in moments of solitude but also through connection, kindness, shared learning, and mutual support.

In a world that often encourages us to move faster and know more, I think you'll agree that what is contained within these pages offers a somewhat gentler invitation: to be present, to remain curious, and to trust that growth often unfolds in its own good time.

Thank you for being part of this community, and I hope you enjoy the journey through this issue.

All good wishes,

Rachel

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



## Breathing Space

Editor:

Rachel Broomfield

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

Publisher

Nick Cooke

UK College of Mindfulness  
Meditation

0121 444 1110

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

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





How writing haiku can be a key part of our mindfulness practice, help us access our beginner’s mind and nurture a sense of gratitude.

**Kirsten McKenzie**



Slowing down, noticing, observing, and paying attention to the moment... the brevity of haiku encourages writers to be fully attentive to the world around them... we observe without judgement, accepting what is... it requires patience, to trust that there is deep truth in all of us.

**T**he association between meditation and creativity has long been demonstrated by research. Danny Penman in *Mindfulness and Creativity* suggests that performing a short meditation before creative work can enhance our creative output, quieten mental noise, weaken self-judgement and promote more divergent thinking.

In her acclaimed writing guide *Writing Down the Bones*, Zen student Natalie Goldberg discusses seeing writing practice as interchangeable with mindfulness practice, ‘It is about slowing down,

noticing, observing, and paying attention to the moment.’

Among the many forms of creative writing, poetry holds a special power to cultivate awareness. One form, the haiku, has particular links with mindfulness, having its origins in a cultural environment heavily influenced by Zen Buddhism.

The brevity of haiku; its emphasis on capturing a fleeting moment, encourages writers to be fully attentive to the world around them. Composing haiku requires noticing subtle details—the rustling of leaves, the softness of rain, the smell of cut grass—distilling them into a few carefully chosen words.

Take this Haiku by the famous master of the form,  
Matsuo Basho

The old pond

A frog leaps in

The sound of the water



The simplicity of the image is powerful. There is no floral language, no commentary, yet we can almost see the dark water, hear the gulp and ripple.

In many ways, the practice of Haiku writing mirrors the observational attitudes of mindfulness. We observe without judgement, accepting what is. We examine the world in detail, from differing perspectives. We practice using our beginner's mind, our sense of curiosity and wonder.

The best work often emerges when we are not trying, when we let go of striving for success. The word inspiration comes from the Latin *inspirare*, to breathe, demonstrating a long-established link between finding creativity through paying attention to the breath. It requires us to have patience, to trust that there is deep truth in all of us if we will only give it space and time to unfold. And when that inspiration comes, it is a gift that allows us to feel a deep sense of gratitude for the world around us. When we share that work with others, it nurtures our sense of connection and common humanity.

As Thich Nhat Hanh says, 'creating a work of art can be an act of love. It nourishes you and nourishes others.'



## Try it yourself - Haiku writing for Mindfulness

A haiku has three lines. It follows a 5-7-5 syllable pattern and often describes nature or a quiet moment.

- Take a few minutes to sit quietly, breathe deeply, and centre yourself before writing.
- Observe one specific moment of your experience.
- Use your senses, pay attention with your whole body.
- Let the poem emerge quickly, before analytical thinking takes over.
- Write without judgement, suspending perfectionism.
- After writing, read your work mindfully. Did it change how you experienced the moment? What did it reveal to you? What did you notice that you might normally overlook?

**Kirsten McKenzie is a writer, therapist and mindfulness coach based in the East Neuk of Fife. She has published two novels, short stories and poetry and is passionate about helping people rediscover their creativity through a combination of mindfulness, therapy and writing practice.**

[www.shoretherapies.co.uk](http://www.shoretherapies.co.uk)

[@kirstenjmckenzie](https://www.instagram.com/kirstenjmckenzie)

Email - [shorecounsellingeastneuk@gmail.com](mailto:shorecounsellingeastneuk@gmail.com)



# Navigating Change: Staying Grounded, Creative, and Mindful Through Life's Transitions



“Embrace uncertainty. Some of the most beautiful chapters in our lives won’t have a title until much later.” – Bob Goff

**Daniela Matias**



By giving ourselves the opportunity to be present, we notice everything—from the deepest parts of ourselves to the most surface-level thoughts.

**T**here are periods in life when things are unfolding, and we have to embrace the uncertainty. It can be an intense time filled with questions: “What’s my next step? What should I do? How do I move forward in this uncertain moment?” We may be waiting for a result, an answer, the end of a cycle, or some form of closure. We might find ourselves in a pause, a moment of rest, or a time for reflection. Life often leads us into these transition periods, where patience is needed to allow ourselves to fully experience the uncertainty.

These moments that demand more pause

are often incredible opportunities for self-knowledge and creativity. They invite us to explore new activities, try things we haven’t done before, observe more deeply, and simply be present with ourselves. Yet, because we are so used to fast-paced schedules and a world in constant motion, we often feel anxiety or suffocated by the stillness, and with the pressure to have everything figured out. Pauses allow reflection, self-discovery, and shifts in perspective.

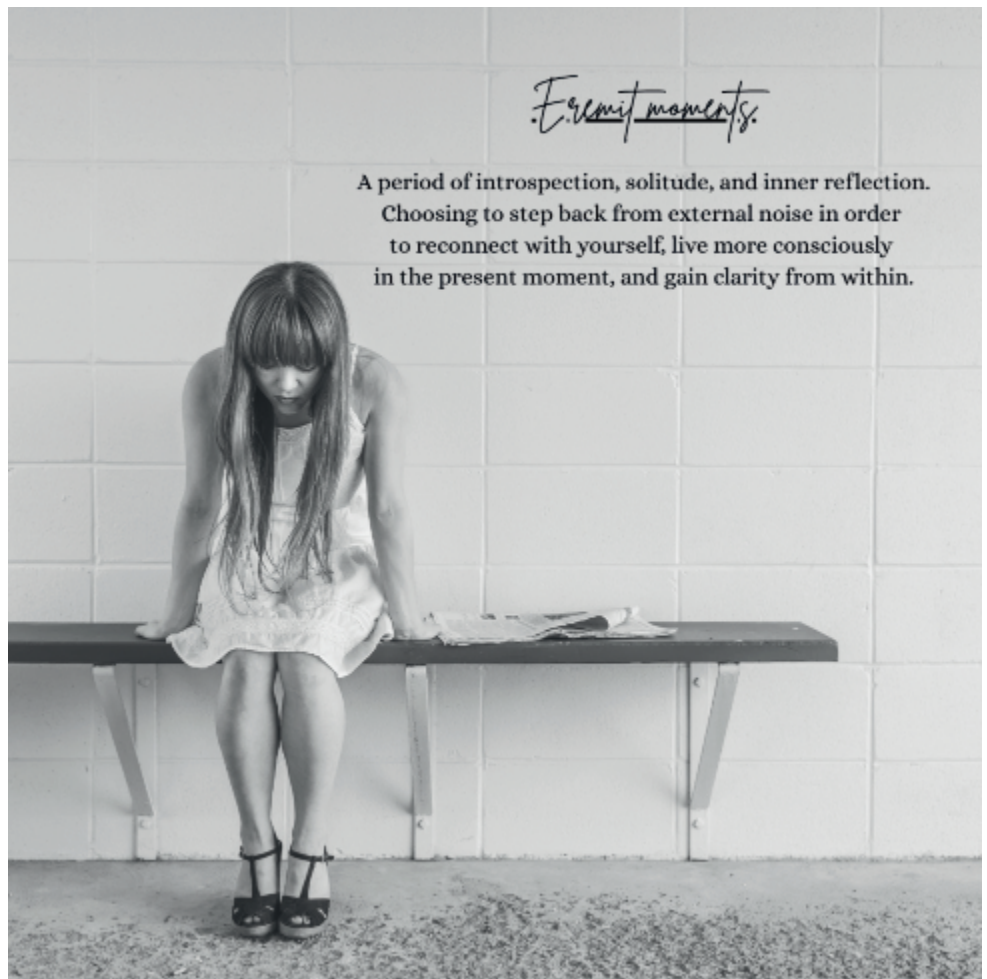
“I am giving myself a present—the present moment—to not know what’s next, and that’s okay.” Not because the moment must have meaning, but because we allow ourselves

to be fully present in our human experience. By giving ourselves the opportunity to be present, we notice everything—from the deepest parts of ourselves to the most surface-level thoughts. It may inspire a desire to paint, write, join a group, simply reflect, or even rest. I call these Eremit moments—times to truly know and experience yourself more deeply, to live fully and embrace each moment. Small practices—breathing deeply, listening to the sounds around us, observing a flower, savouring our food—allow us to give ourselves permission to simply BE. These moments foster presence, spark creativity, and lead to experiences that deepen self-knowledge. They transform the urge to “have it all figured out” into a sense of “knowing myself deeply and living each moment fully.”

And when you finally receive the results, the closure, or the answers, you are more present than ever. Perhaps with new ideas, perspectives, or knowledge, you can

approach the next chapter of life in ways your mind could never have imagined.

I know...sometimes we feel sad during these moments



## NEW VISION

Clarity  
Creativity  
Presence  
Focus  
Self-knowledge

because we would like things to be different, or we had a different idea, vision, or desire for that moment of our life. Sometimes we have to navigate unexpected waters. Whatever you do, be fully present while doing it! It can be a good cry, a good painting, a good run or a good reflection. And, as I said, we can navigate that moment with creativity—even if creativity means having a good cry about it.

**Facilitator based in Ireland, bringing mindfulness and life coaching techniques to children, adults, and older persons with disabilities and their families, and people who need support to live more meaningful lives of their choosing. She holds a degree in Biomedical Sciences and is a certified Mindfulness Meditation Teacher through Mindfulness Now, with additional training in mindfulness practices, life coaching, feminine cyclicity and natural gynecology.**

**For inquires or connection, reach out at [dani.lucena.matias@gmail.com](mailto:dani.lucena.matias@gmail.com)**

# Celebration Day 2026!



## Celebrating Connection, Compassion and Mindfulness: A Wonderful Day Together

“Warm conversations, shared learning and a spirit of kindness made the Mindfulness Now Celebration Day feel less like an event and more like a community coming together.”

**T**he Mindfulness Now Celebration Day 2026 proved to be exactly what its name promised – a joyful and inspiring celebration of mindfulness, community and compassionate connection. Bringing together practitioners, professionals and passionate advocates, the day offered not only a chance to learn, but also to pause, reflect and reconnect in a genuinely warm and supportive environment.

From the moment guests arrived for tea, coffee and networking, there was a welcoming sense of togetherness. Conversations flowed easily between familiar faces and new connections, creating a feeling of openness that stayed



with attendees throughout the day.

The programme reflected one of the key aims of the day: to demonstrate how mindfulness can be adapted to support people from all walks of life and across a wide range of experiences. Sessions explored mindfulness in relation to neurodiversity, chronic illness, surgery preparation, menopause, business and everyday well being, highlighting the many practical and compassionate ways mindfulness can positively impact lives.

We felt that a particular strength of the event was its balance between evidence-informed learning and heartfelt personal experience. Attendees had the opportunity to explore everything from befriending the inner critic and building businesses with heart, to calming sensory practices and short “brain booster” techniques for busy lives. Each workshop brought something unique while reinforcing a shared message: mindfulness is for everyone, and it works best when approached with kindness, flexibility and understanding.

Alongside the rich programme of talks and workshops, the informal networking opportunities, shared meals and moments of reflection helped



Berni Crane  
Mindlight Meditation



strengthen the sense of community. The immersive sound bath and closing sharing practice offered particularly meaningful opportunities for participants to slow down and reflect on the day together in an atmosphere of compassion and mutual support.

By the end of the day, it was clear that the Mindfulness Now Celebration Day had created a welcoming space where people felt heard, encouraged and inspired – a reminder of the power of mindfulness not only as a practice, but as a way of bringing people together.

Thank you to everyone who was there!





## What Retreat Practice and Pilgrimage Reveal Tony O'Shea-Poon



In this reflective piece, Tony O'Shea-Poon shares insights from a six-week period of retreat and pilgrimage in South-East Asia. While his journey took in several countries and many monasteries, temples and shrines, two places stand out as especially impactful.

What he encountered in these places was not dramatic or extraordinary, but quietly profound, offering a reminder for us as teachers about simplicity, lineage, and the value of longer retreats.

Longer retreats have a particular way of working on us as mindfulness teachers. Beyond rest or insight, they recalibrate something more fundamental: our relationship to practice itself. During a recent six-week period in South-East Asia, this was most clearly felt during a week at Pa Pae Meditation Centre in northern Thailand, followed by time spent at Tu Hieu Monastery in Huế, Vietnam, where Thích Nhất Hạnh was ordained and where his ashes now rest.

Pa Pae is a Buddhist retreat centre in the Dhammakaya (Middle Way) tradition, set high in the hills above Chiang Mai. It is striking for its simplicity and optionality. The structure is light, silence is voluntary, and people come and go. There are meditation halls, treehouses for solitary

practice, several waterfalls to sit by, and a small village nearby. Nothing forces intensity, yet the environment holds the potential for deeper connection with self. Staying for a week allows experience and understanding to emerge in a way that is unlikely in a shorter retreat of just a day or two.

I arrived carrying familiar patterns. Irritation arose with noisy neighbours. My phone, though mostly unused, still exerted its pull, becoming a quiet source of distraction until I remembered how to turn it off. Retreat practice met me not in idealised stillness, but in ordinary conditioning, offering patience, honesty, and humility as the real teachers.

Alongside my personal practice, there were Dharma talks each day to listen to, with different monks sharing something from

their experience and understanding with retreatants. One particular talk provided a quiet anchor for the rest of my trip. A monk spoke of three kinds of knowing: first, knowing through being told; second, knowing through contemplating what has been told; and third, knowing through direct experience. Meditation, he suggested, creates the conditions for this third kind. This teaching strongly echoes Thích Nhất Hạnh's emphasis on trust emerging through what is observable to us as we practice, not what we are told by any person, doctrine or scripture.



Pa Pae - Tony meditating



Tu Hieu - Entrance to Ponds

From Thailand, I travelled briefly to Hanoi before continuing on to Huế, where I stayed close to Tu Hieu Monastery. My first visit was marked by searching, walking among old stupas, convinced I must be near some marked memorial to Thích Nhất Hạnh (Thay), and increasingly unsure whether I was even in the right place. Eventually, with help from some kind monastics, I was shown a simple cabinet shrine in an inner courtyard. There was no obvious inscription and no explanation, only a small photograph of Thay with the Dalai Lama.

I was also shown the simple house where Thay spent his final days, set quietly within the monastic enclosure. Standing near it, I felt a strong sense of ordinariness and continuity.

Later, I realised that the cabinet shrine did in fact bear an inscription: Thay's name written in very small



Pa Pae - Monks giving food blessing



Tu Hieu - Bell

traditional Chinese characters. Most visitors would not have been able to read it – thank you Google Translate! This subtle marking felt entirely consistent with his wish not to be located “here” or “there,” but to be found in mindful breathing and walking. Standing before this unadorned shrine, I felt that teaching not as an idea, but as a lived truth. I wept quietly, experiencing gratitude and connection to a great teacher.

On subsequent days, I spent less time at the shrine and more time in the grounds: among pine trees, lily ponds, and the quiet pagoda. What struck me most was the ordinariness of the place. Many visitors had little sense of who Thay was or the global impact of his work. And yet, perhaps this too was the point. No grandeur. Just continuation through practice.

For us as mindfulness teachers, these experiences offer a gentle but firm reminder. Longer retreats, whether abroad or at home, are not luxuries or rewards. They are a way of renewing trust in practice, deepening embodied understanding, and remembering the roots from which our teaching grows. Not to accumulate authority, but to return, again and again, to what is simple, humbling, and alive.

**Tony O’Shea-Poon is the Mindfulness Now Tutor in London and also the tutor for our Mindfulness-Based Clinical Hypnosis Diploma.**

**Tony has also produced a resource on Mindfulness and Buddhism, available from his website at:**

<https://mindful.me.uk/classes-and-courses/mindfulness-and-buddhism-booklet/>.



Pa Pae outdoor meditation space

# Ready?

by Fran Flint

Being true to myself is more difficult than I imagined.  
There are so many deeply ingrained masks that I have used through my life.  
Masks that say I am ok, I cannot, I should not, I wish.  
How do I divest of them and stand naked before the world? Do I have to?  
Or can I be a little kinder to myself?

The self,  
vulnerable,  
though so much  
stronger for  
carrying the weight of  
hurt, and the  
responsibility of love  
through the years.

How long do I wait to accept and let  
go? Is there a point at which I sigh and  
release?

A magical moment of calm and knowing?

Or shall I just make the decision?

Shake off the yoke that strains at my  
shoulders and furrows my brow.

Will the letting go mean I am cast adrift,  
with no anchor to hold me?

Is that so bad?

Sailing in new rushing silvered streams of  
thought.

Or surfing atop the powerful, pounding,  
foaming, seas of possibility.

Lit up by the jewelled waters of change  
and growth.

Excited, and yes,  
scared, but open to  
freshness and the  
newness of this precious  
moment.

There is newness, but I have so much love  
and kindness that has  
settled in my heart  
over the years.

I start every new  
chapter whilst  
metaphorically  
holding the hands  
of those who love  
me. There is my  
anchor.

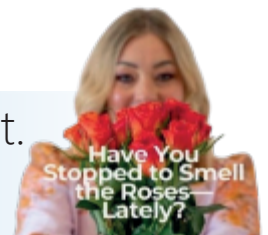
I am grounded, I am open,  
I am ready.





## Four simple ways to shift from over thinking to insight.

**Ollie Sharp**



When you stop forcing answers, your mind starts finding them for you.

**W**e live in a culture that leans heavily on the left hemisphere of the brain, logic, order, analysis, deadlines, lists. While the left brain is brilliant at structuring and executing,

our right hemisphere is just as essential. It's where we find creativity, intuition, empathy, and flow states, the qualities that bring balance and vitality to our daily lives.

The challenge? Many of us don't give our right brain enough space to shine. Through mindful practice, however, we can "wake up" the right mind and begin to use it more intentionally.

Here are four simple, practical ways to tap into right-brain thinking.

### 1. Sign Your Name Every Which Way

One playful way to jolt your brain out of autopilot is through handwriting:

- Sign your name normally.
- Now, try mirror writing (right to left).
- Next, flip it upside down.
- Finally, attempt it backward and upside down.

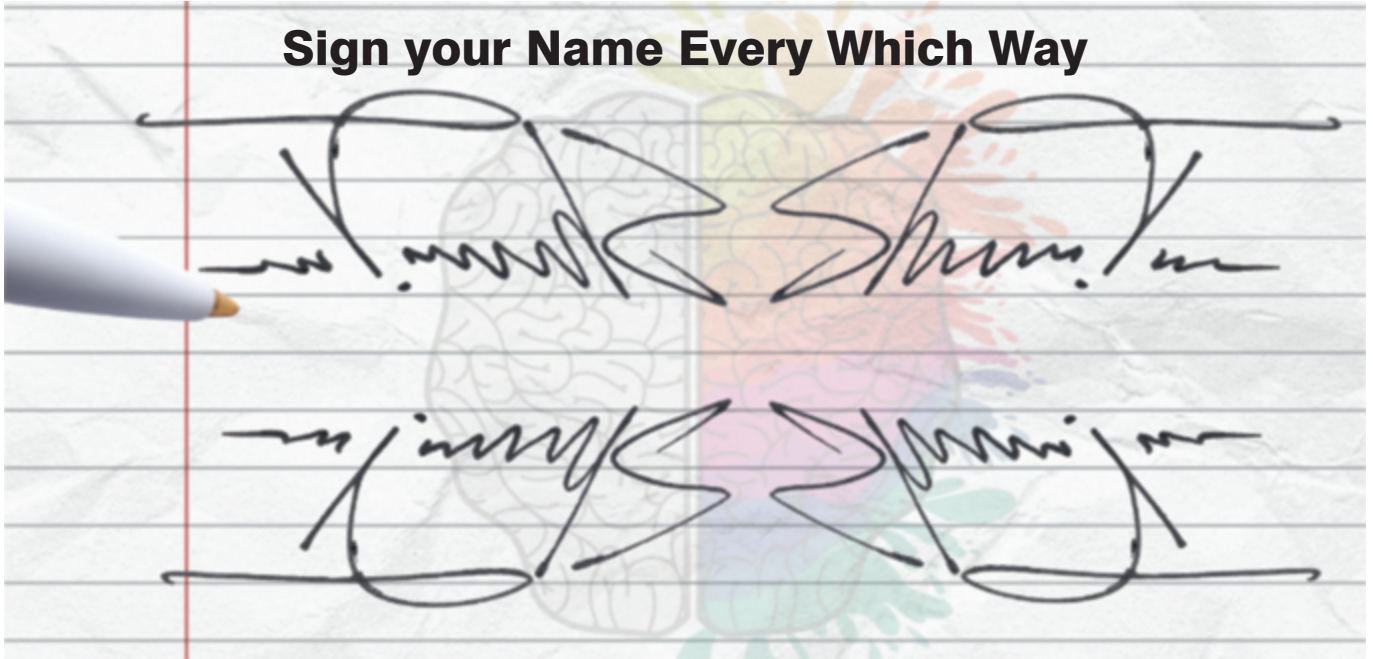
Each variation recruits new neural pathways. It may feel clumsy at first, but that's the point. Mindfully notice the awkwardness, the squinting, the laughter. This is where your right hemisphere wakes up.

### 2. Have a Bilateral Conversation

This exercise invites dialogue between your brain's two hemispheres:

- With your dominant hand, write: "How's it going?"
- Switch to your non-dominant hand and write whatever comes to mind.

## Sign your Name Every Which Way



The writing may be shaky, but the messages often feel surprisingly wise. The right hemisphere—linked to the non-dominant hand—is tuned into emotion and intuition. It might tell you things your left brain overlooks like “Take a nap,” “Trust your gut,” or “We’ll be fine.”

Think of it as a mindful check-in with yourself—curious, open, and without judgment.

### 3. Move in New Ways

Movement is another powerful gateway to right-brain activation. Any time you challenge your body to move differently, your brain must break from its usual patterns:

- Walk with your right arm and right leg swinging forward together, then switch sides.
- Try the same thing backward—or close your eyes.
- Explore a new yoga posture, dance step, or balance exercise.

Notice how your mind reacts. At first it may resist, “this feels wrong!”, but with practice, your right hemisphere begins to engage.

### 4. Let It All Simmer

Your right brain thrives on spaciousness. Instead of over-analysing a problem, try this:

- Hold a personal challenge in mind.
- Read a few paragraphs from unrelated books or articles.
- Then, step away: play with your pet, wash the dishes, or simply breathe.

When you return to the challenge, fresh insights often emerge. This is your right hemisphere connecting the

dots in the background. Mindfulness amplifies this process—by letting go, you create space for creativity and intuition to rise.

### Waking Up the Right Mind

Deep practice can feel awkward—even uncomfortable. But within that discomfort lies the spark of creativity and innovation. By bringing mindful awareness to these exercises, you not only strengthen your right hemisphere but also cultivate presence, playfulness, and self-trust.

So the next time you find yourself stuck in over thinking, pause. Breathe. Try signing your name backward, moving in a new way, or letting a problem simmer.

You may be surprised at how much wisdom your “right mind” has been holding all along.

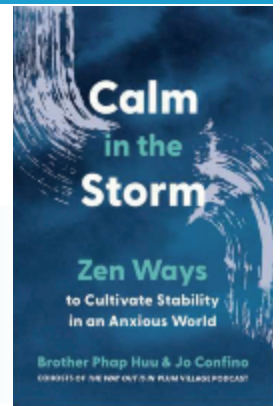
**Ollie Sharp is a Psychotherapist based in Aberdeenshire, offering integrative online and in-person therapy through Mind Matters. Her practice combines evidence-based approaches in psychology, hypnotherapy, mindfulness, and compassion-focused wellness, alongside aromatherapy and insights from the gut-brain 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.**

[www.mindmatters-therapy.com](http://www.mindmatters-therapy.com)

[transform@mindmatters-therapy.com](mailto:transform@mindmatters-therapy.com)

# Book Review

## Calm in the Storm by Brother Phap Huu and Jo Confino Book Review by Tony O'Shea-Poon



Tony obtained his copy of this book from the authors at a recording of 'The Way Out Is In' podcast in September 2025.

'Calm in the Storm' by Brother Phap Huu and Jo Confino blends memoir, Dharma teaching, and practical reflection in a way that makes Buddhist principles feel immediately accessible.

The authors draw from everyday experience and monastic life to illuminate themes that sit at the heart of contemporary mindfulness teaching: compassion, mindful consumption, non-striving, emotional understanding, and the subtle workings of attachment and reactivity.

What makes the book particularly engaging is its narrative style. Instead of presenting abstract concepts, it offers lived stories of courage, vulnerability, and transformation.

The book consistently reinforces the idea that

mindfulness is not an achievement, but a continual process of returning to presence with kindness.

Several provocative metaphors are used, including "Reclaiming innocence" (reconnecting with our curious and playful nature), "Changing the peg" (shifting unhelpful habits) and "Dancing at the edge" (stretching ourselves for growth without overwhelming the system).

Many other metaphors and stories enrich guided practice, deepen inquiry, and offer new ways to communicate long-standing themes.

The book serves as a reminder that effective mindfulness teaching is grounded in authenticity, humanity, and compassionate engagement with experience.

Listen to 'The Way Out Is In' podcast at:

<https://plumvillage.org/podcasts/the-way-out-is-in>



# Continuing Professional Development 2026

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 27th June 2026

Trainers: Madeleine Agnew and Rachel Broomfield  
LIVE ONLINE VIA ZOOM  
10.00 – 17.00

### Mindful Child

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.

You can book your place here - <https://mindfulnessnow.org.uk/cpd-mindful-child/>

## Saturday 25th July 2026

Trainers: Tony O'Shea-Poon & Sharon Nielson  
LIVE ONLINE VIA ZOOM  
10.00 – 17.00

### Mindfulness for Business

Working with businesses or corporations can be daunting for any sole trader or small business. This course will demystify the whole process of providing mindfulness to business – from attracting clients, creating a winning proposal, designing content through to delivering and evaluating services. With over 30 years experience working in global corporations and businesses of all sizes, Sharon & Tony will now share their tips, successes, professional templates (and what they've learned from some failures!) with you.

You will be introduced to the business and product development cycle, which will give you a useful framework to consider and manage all aspects of corporate mindfulness development.

You can book your place here - <https://mindfulnessnow.org.uk/mindfulness-for-business-meeting-the-growing-demand-with-confidence/>

## Thursdays 3rd September – 22nd October 2026

Trainer: Rachel Broomfield  
LIVE ONLINE VIA ZOOM  
14.00 – 15.30

### Mindfulness Now 8-week Programme

This price includes the Gift Retreat Day running on Saturday 31st October 2026

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

You can book your place here - <https://mindfulnessnow.org.uk/uk-college-cpd-the-official-mindfulness-now-8-week-programme/>

## Saturday 12th September 2026

Trainers: Rachel McKenna and Madeleine Agnew  
LIVE ONLINE VIA ZOOM  
10.00 – 16.30

### Advanced Trauma Informed Practitioner Certification – A deeper look into trauma and mindfulness

A Deeper Look Into Trauma, Somatics & Mindfulness Part Two is a rich and immersive CPD training day for practitioners who want to deepen their confidence and skill in working with trauma, mindfulness and the nervous system. This advanced training builds on trauma informed principles and takes you further into body-based approaches, helping you support participants who may struggle with overwhelm, dissociation, anxiety, shutdown or hyperarousal during mindfulness practice.

You can book your place here - <https://mindfulnessnow.org.uk/cpd-advanced-trauma-informed-sensitive-mindfulness-practitioner-training/>

## Saturday 26th September 2026

Trainers: Rachel McKenna  
LIVE ONLINE VIA ZOOM  
10.00 – 17.00

### Mindfulness with Teenagers

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.

You can book your place here - <https://mindfulnessnow.org.uk/cpd-mindfulness-with-teenagers/>

**14th Oct – 9th December 2026 –**

**Wednesday Evenings 6.30pm – 8pm**

Price includes a compassion-based retreat on 6th

December 2026 10.00 – 4pm

Trainers: Madeleine Agnew and Nick Cooke

LIVE ONLINE VIA ZOOM

**Compassion Focused Wellbeing 8 Week Programme**

Join the Compassion Focused Wellbeing 8 Week Programme  
If you'd like to develop a kinder, more compassionate relationship with yourself and others, the Compassion Focused Wellbeing (CFW) 8 Week Programme offers a practical, research-informed, and heart-centred approach.  
For students who have taken part in the CFW Practitioner Training.

You can book your place here -

<https://mindfulnessnow.org.uk/book-compassion-focused-wellbeing-8-week-programme/>

**Saturday 24th October 2026**

Trainers: Sharon Conway & Tony O'Shea-Poon

LIVE ONLINE VIA ZOOM

10.00 – 16.30

**AI Tools for Mindfulness and Hypnotherapy**

AI Tools for Hypnotherapists & Mindfulness Teachers – Online  
Understand some of the emerging AI tools that can support your mindfulness and/or hypnotherapy practice.  
Further details coming soon – please look in on the website!  
<https://mindfulnessnow.org.uk>

**MINDFULNESS NOW RETREATS:**

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

**Midsummer Retreat and Reconnect  
Saturday 1st August 2026**

Facilitator: Tony O'Shea-Poon

In Person – Terapia, Finchley, North London  
10.00 – 16:30

Cost: £85

**Cotswold Day Retreat - Deeper Mindfulness  
Thursday 3rd September 2026**

Facilitator: Aston Colley

In Person – Cotswold Day Retreat – “Deeper Mindfulness”  
10.00 – 17.00

Cost: £85

**Gift Retreat**

**Saturday 10th October 2026**

Facilitator: Sharon Nielson

In Person – Dalkeith Country Park, Edinburgh  
10:00 – 16:30

Cost: £85

**Gift Retreat**

**Saturday 31st October 2026**

Facilitator: Rachel Broomfield

Online via Zoom

10:00 – 16:00

Cost: £50

**CFW Retreat**

**Saturday 6th December 2026**

Facilitators: Madeleine Agnew

Online via Zoom

10:00 – 16:00

Cost: £50

