

MBCT ENHANCED SANDWICH COURSE (SATURDAY)

Mindfulness means learning to pay attention intentionally, in the present moment, and non-judgmentally. In the MBCT course participants meet together as a class with a trained mindfulness teacher two hours a week for eight weeks, plus one all day session between weeks 5 and 7. The main 'work' is done at home between classes.

There is a set of CDs to accompany the programme which you use to practise on your own at home once a day. In the classes, there is an opportunity to talk about your experiences with the home practices, the obstacles that inevitably arise, and how to deal with them skilfully. Over the eight weeks of the program, the practices help you:

- to become familiar with the workings of your mind
- to notice the times when you are at risk of getting caught in old habits of mind that re-activate downward mood spirals
- to explore ways of releasing yourself from those old habits and, if you choose, enter a different way of being.
- to put you in touch with a different way of knowing yourself and the world
- to notice small beauties and pleasures in the world around you instead of living in your head.
- to be kind to yourself instead of wishing things were different all the time, or driving yourself to meet impossible goals.
- to find a way so you don't have to battle with yourself all the time
- to accept yourself as you are, rather than judging yourself all the time.

The programme for this trial of the 'enhance sandwich' MBCT course is:

8am Dynamic meditation

9am Breakfast

10am MBCT course

12pm Kundalini meditation

1pm Depart, or lunch together for those who can stay.

The requirements of this free trial are that participants must fill in a detailed questionnaire before the course and after every session. To book contact John Kapp, 22, Saxon Rd, Hove BN1 4LE 01273 417997, johnkapp@btinternet.com, and send him a cheque made out to J.Kapp for the deposit of £160, which will be returned in full provided that you attend every session and fill in and return every questionnaire