Introduction to Mindfulness as a Health Care Intervention

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Workshop Goals

1. Introduction to Mindfulness as a Health Care intervention

Main themes:

- Introduction to mindfulness
- Mindfulness and the body
- Mindfulness and the breath
- Mindfulness and thoughts and emotions
- Mindful Movement

Practices:

- Three diaphragm breath inquiry
- Body Scan
- Breathing Anchor
- Three minute breathing space
- Mindful movement

Theory:

- Experiencing life as fluid not static
- Primary and Secondary suffering
- Doing and Being modes
- Blocking and Drowning
- Coming to your Senses
- The place of acceptance

Over the course of the workshop you will be introduced to:

The theory of mindfulness: what it is, definitions, historical context, applications in health-care, the Breathworks approach

The theory of: Primary and secondary suffering, the place of acceptance, doing and being modes, the importance of the body as a foundation for mindfulness, brain plasticity

The practice of mindfulness: body scan meditation, breathing anchor meditation, 3 minute breathing space, gentle mindful movement

Ways you can establish a personal mindfulness practice of your own

Ways you can begin to introduce mindfulness into your work with patients or clients*

* Please note that mindfulness is not a theory but a practice, and in order to effectively teach it to others you need to have a firm foundation of practice yourself. For this reason we will be specific about which aspects of mindfulness you may start passing onto patients, though be assured that you will learn some techniques that will be immediately applicable in your work.

DAY ONE

Times	Activity
09:30	Registration & Coffee
10:00	Introduction & What do want to get from this event? Review workshop goals and agenda
10.40	What is mindfulness?
11.10	Introduction to primary and secondary suffering when dealing with pain and illness or difficulty.
11.40	Break
12.00	Introduction to Breath Awareness
13.00	Lunch - Break
14.00	Why being in the body is important
14.30	Mindful Movement with enquiry and discussion
15:30	Break
15:50	Working with thoughts
16.20	Introduction to Breathing Anchor meditation
16:50	Q and A and discussion
17.00	FINISH

DAY TWO

Times	Activity
10.00	Check-in: Reflections from Day One Q and A from Day One
10.40	Exploring Balanced Effort – how to rest awareness on the breath Breathing Anchor Practice
11.30	Break
11.50	Blocking and Drowning as expressions of secondary suffering Mindfulness in Daily Life
13.00	LUNCH
14.00	Mindful Pause – Mindful Movement
14.20	Introduction to Six step process
15.00	Break
	Three minute breathing space micro meditation for integrating into life
15.20	Integrating Mindfulness into life and word
16.20	Closing
17:00	Finish