

Second session 14.3.-16.3.2019

Teaching Day One

Overview of session four- Key learning

- How we relate to stress
- Stress indicator
- 3 step breathing space Midway assessment- LK/D chart in pairs with reflections on learning thus far
- Developing handouts to describe stress
- Triangle of awareness

Overview of session five- Key learning

- Taking in the Good
- Sitting practice seeing thoughts as mental events
- Mindful Relationships
- Difficult communications calendar- Compassionate listening exercise
- Mindful Breathing- theory and practice
- Readings

Teaching Day Two

Overview of session six- Key learning

- Primary and Secondary Suffering
- Seated mindful movement
- How to describe all-day retreat- considerations
 - What to include
 - Managing a silent group
 - Logistics of eating, drinking, communicating if necessary
- Listening exercise and inquiry
- Readings

Overview of session seven- Key learning

- Sustainers and drainers
- Interpersonal mindfulness
- 10,000 things
- Mountain meditation
- Self-compassion discussion
- Practices and inquiry- Loving Kindness
- Readings

Teaching Day Three

Overview of session eight- Key learning

- Sustaining practice
- Write a letter to self
- Discussing practice without recordings
- Share participants' experiences
- Practice and inquiry
- Readings

Student practice time- LK practice

What next professionally- supervision, co-teaching- see separate h/o day 6 information and revisit portfolio information in SHB

Group reflection time

