

Mindfulness Taster Session



Duration: 1 hour

Aims:

This experiential, introductory workshop aims to introduce participants to the concept of mindfulness and its benefits

Objectives:

- Explore how practicing mindfulness can create a sense of wellbeing, focus and can increase resilience to stress and recurrent depression
- Experience first-hand what mindfulness is, by participating in a short mindfulness practice
- Learn a simple and effective mindfulness technique that can be used in daily life, anywhere, at any time

Contents

1. **Welcome and Introductions**
2. **What is Mindfulness?** (discussion in twos and then group)
3. **The Chocolate Meditation** (an opportunity to explore our inherent capacity for mindfulness and what it can reveal for us!)
4. **How can mindfulness be useful in everyday life?**
 - What are the benefits of Mindfulness for stress, recurrent depression and general wellbeing? (discussion)
 - Debunking the myths – what it is and isn't (Exercise in pairs)
 - How does awareness create an opportunity for new choices?
 - The Stress response : approach mode and avoidance mode (Small group exercise)
5. **Short Breathing Space** and its application in times of stress (practice and discussion)
6. Close

Courses are taught in an informal, participatory style by Mindfulness Teachers with appropriate teaching qualifications from Bangor University's Centre for Mindfulness. They receive supervision and may draw on both Mindfulness Based Cognitive Therapy and Mindfulness Based Stress Reductions techniques. This programme allows plenty of time for reflection and participation and can be reduced or expanded to suit the time available. For cohorts of up to 18 people.