



Deeper Mindfulness

During the eight 1.5-hour sessions participants will:

Show a new way to rediscover calm in a chaotic world

Practise Mindfulness and understand and experience its benefits.

Undertake a structured programme that enables you to integrate mindfulness into your busy lives. This includes structured home practices.

Know better the nature of the mind, and how closely mind and body are connected.

Experience how mindfulness supports good mental health and wellbeing.

Learn about the “feeling tone” that we all have, how that connects with ancient and very recent scientific and psychological discoveries.

Be part of a like-minded group within a safe and friendly environment with qualified Mindfulness teachers.

About the course

90 minutes each session, fortnightly between November 2024 and March 2025 with a month’s break over the festive period.

Participants

Maximum of 10 people face to face and 6 people online

Dates and Times

5.30pm – 7pm

12, 26, November 2024

10, December 2024

14, 28 January 2025

11, 25 February 2025

11 March 2025

How and where is it delivered?

St. Michael's Community Centre, Stannington Grove SR2 9JT Sunderland and online using Zoom.

Course Description

Session 1

Finding Your Ground

Presentation introducing Mindfulness

Mindful Eating

Mindfulness of Breath and Body

Exercises, practices and discussion

Mindfulness of a routine activity

Session 2

Taking a Pause

Body Scan

Keeping body in mind when listening and speaking

Appreciation and Gratitude here and now

Mindfulness of a routine activity

Session 3

Rediscovering the Feel of Things

Breathing Space introduction

Mindful Movement including walking

Breath and Body meditation, options for discomfort

Mindfulness of a routine activity

Session 4

Restoring Balance

Nature of a thought ABC model of emotion

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Revised July 2024

Sounds and Thoughts meditation

Mindfulness in a queue

Mindfulness of a routine activity.

Session 5

The Fringes of Consciousness

Turning towards difficulty with embodied curiosity and compassion

Understanding acceptance within awareness and mindfulness

Exploring difficulty meditation

Guest House poem

Mindfulness of a routine activity. Sowing Seeds

Session 6

Bad Weather Flying

Mental Time Travel

Befriending meditation

Fear and Clear Still Pools. Criticism and Compassion

Albert Einstein

Mindfulness of a routine activity. Acts of Kindness

Session 7

Reclaiming Your Life

Workfulness and Playfulness

How are you living your life?

Breathing Space with action

Nourishing and Depleting activities

Mindfulness of a routine activity

Session 8

The Adventure Continues

Course Review

Guided meditation with reflective questions

Letter to Self

Open Discussion; What next?

Who is delivering the course?

The course will be delivered by one of the 3 mindfulness teachers in the company: Joe Andrew or Liz who are qualified and experienced, delivering mindfulness courses, meditations and retreats for over 25 years now.

Who can attend?

Anyone who is committed to learning about, discovering the possibilities that mindfulness can bring through bringing practice into their daily lives.

Also, anyone who would like to re-establish a regular practice that they may have lost and once again, tap into the inner peace and calm that they will find is still there!

Do participants need any experience of mindfulness or meditation?

No. but this course does explore mindfulness at a deeper level and is suited to those who are practising mindfulness. Beginners are welcome too but would benefit from some initial coaching before the course.

Do participants need to attend all sessions?

To get the most out of the course it is best to attend all sessions.

What do I do next?

For more information or to book Email hello@tlcoc.co.uk or book on-line at [Book | TLCOC](#)