



## ***Mindfulness Africa***

We are delighted to announce that from 2020 we will begin offering the immensely popular and successful One Year Mindfulness and Compassion training programme initiated by Rob Nairn and developed by the Mindfulness Association UK. In these courses we hope to show you that practicing mindfulness can become a way of life which increases our capacity for happiness and allows us to deal more effectively with difficulty. Recent scientific evidence shows that meditation and compassion-based mindfulness practices positively affect heart rate and blood pressure, relieve stress, anxiety and depression, and help to build resilience to cope with our daily lives.

*Mindfulness is defined as knowing what is happening, while it is happening, without preference. In the beginning we notice how our attention is like a butterfly flitting from one thought to the next. So we start by slowing down and settling our mind through working with the breath – regulating the length and pace of breathing by counting helps to train the mind to bring focus to the present moment. We then learn to ‘ground’ our attention in the sensory awareness of the body, and from this ground we learn to rest in the present moment, getting used to disengaging from our habits of compulsive ‘doing’. It is here we introduce the valuable skill of using a support such as the breath, or sound, to bring our attention back to the present.*

**The One Year Mindfulness Course- “Staying Present” is suitable for beginners, or for those who have already learned some mindfulness and wish to deepen and strengthen their practice. The course will be held at the Novalis Ubuntu Institute in Capetown over four weekends as follows:**

- **7/8 March**                      *Settling the Mind – a systematic and reliable method of practice which helps us to recognise and become more relaxed with our habitual mental activity.*
- **16/17 May**                      *Working with Distraction – learning to meet our busy minds with patience and kindness.*
- **11/12 July**                      *Self-Acceptance – making friends with and disarming the inner critic.*
- **17/18 October**                      *The Undercurrent and Observer – becoming familiar with our inner landscape.*

## **FREE TASTER SESSION**

If you would like to know more about our courses, please come to our taster session where you can meet the tutors, ask questions and sample our practices.

**21 February at 6.30pm at Novalis Ubuntu Institute Cape Town**

## Course information

*It is commonly found that engaging in training over an extended period allows a deeper and more intensive exploration of the main course themes and the practices associated with these themes. This exploration takes place within the 'container' of ongoing tutor support, home practices, journalling and the opportunity to form study groups with other participants. This in turn provides the foundation for establishing a lifelong mindfulness practice and creating an ongoing community of practitioners as you move through the four levels of training.*

Participants will be taught progressive skills in Mindfulness through presentations, guided practice and reflective enquiry in large and smaller group sessions. A strong emphasis is placed on experiential learning; there are home assignments between weekends that include regular mindfulness practice, daily life exercises and journal writing.

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**Our Tutors:** All our tutors are experienced and committed practitioners who have been trained by the Mindfulness Association to teach and have undertaken to abide by the Good Practice Guidelines for Mindfulness Tutors set out by the UK Network for Mindfulness-Based Teacher Training Organisations.

**Jenny Canau BA (LLM), is a human rights lawyer, activist and mother of three children. Jenny has helped to pioneer mindfulness in education in the Western Cape through her work at various schools, Naptosa (Trade Union specializing in teacher training) and the University of Cape Town. She co-founded Mindfulness Africa and has been teaching for the last decade primarily in the poorer areas, and is passionate about bringing compassion based mindfulness training to those in need.**

**Jo Ann Crossley BA(Hons)** has recently come to South Africa from Scotland, where she worked as a Person-Centred Counsellor in the National Health Service Primary Care Mental Health Service and was excited to initiate the teaching of Mindfulness within that service and to see how helpful it was in helping people to manage the anxiety, depression, and stress that are so much part of our daily lives. Jo Ann also worked privately as a counselling supervisor, and was a lead tutor with the Mindfulness Association with whom she also trained in mindfulness, teaching and supervision.

## Cost and payment

The cost of the four weekends which includes the manual, the recorded practices and tutor support, is **R 6,000.00**, payable at the time of booking. This payment represents a commitment to attend all four weekends and **no refunds** will be given once the course has begun. Please do come along to the FREE taster session on 21 February where we can answer any questions you may have about how this course may be appropriate and helpful for you.

## REGISTRATION FORM

### Eight Week Mindfulness Based Living Course (MBLC), starting 7/8 March 2020

If you would like to enrol on the course, please fill in and return this form by email to **Jo Ann Crossley** at [j.a.crossley@btinternet.com](mailto:j.a.crossley@btinternet.com) . I will send you confirmation once I have received it. All information will be treated confidentially and enables me to help you as best I can.

Name:

Address:

Phone:

Email:

To aid the home practices, I have compiled a Mindfulness Manual and *some* guided practices to listen to. To help save precious resources and cater for individual preferences, we will send the manual after each weekend in electronic version. The guided meditations are through Dropbox in mp3 format, and play on a most media players.

*Please note that that this mindfulness course is educational and not intended to be a treatment for mental health problems. If you have recently received or are currently receiving treatment from a psychiatrist, psychotherapist or counsellor for an ongoing mental health problem, we strongly advise that you obtain approval from your mental health professional before proceeding further with this course at this time. Also, if you have recently or are currently going through a traumatic life event such as a separation from a long term partner, the death of a close family member or friend or redundancy this may not be the right time for you to continue with this course. This very much depends on your current psychological health and the support networks that you have around you, such as friends, family and mental health professionals. For anyone withdrawing from the training for these reasons, the option is available to you to take up the course in the future.*

*If you are currently taking medication for a mental health problem, then we recommend that you do not change your medication, other than in close collaboration with your medication prescriber.*

*The decision to perform any of the physical exercises remains your own, so please follow your own careful judgement to decide if they are beneficial for you to do or not.*

*If any of these circumstances apply to you, then if you have not done so already, please contact me before the course begins to discuss your situation and the support networks you have in place and to explore how you can best be supported during the course.*

Please tick this box to indicate that you have read and understood this statement

Signed.....

Date.....

There are currently four levels of training:

Level One: Staying Present

Level Two: Responding With Compassion

Level Three: Insight – Seeing Deeply

Level Four: Mindfulness for Life

We will start by rolling out Level One, which is a training based on the well-known Mindfulness-Based Living Course curriculum and is suitable for beginners or for those who wish to deepen and strengthen their practice. The course is held on four weekends over the course of 9 months; engaging in the training over an extended period allows a deeper and more intensive exploration of the main course themes and of the practices associated with these themes. This exploration takes place within the ‘container’ of ongoing tutor support, home practices, journalling and the opportunity to form study groups with other participants. This in turn provides the foundation for establishing a lifelong mindfulness practice and creating an ongoing community of practitioners as you move through the four levels of training.

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