



Mindfulness: Finding Peace in a Frantic World

An 8-week course to
experience greater wellbeing

Inner Peace | Joy | Compassion



It is possible to live life more fully and with a greater sense of perspective.

Mindfulness involves paying attention to our experience in the present moment, with curiosity, compassion and acceptance, which helps us to live life more fully and with a greater sense of perspective.

This program developed by the Mindfulness Center at the University of Oxford and based on the best-selling book, *Mindfulness: Finding Peace in a Frantic World*, it is a highly accessible, engaging, and practical introduction to mindfulness. This program teaches mindfulness skills and how to use these skills to improve wellbeing and resilience to stress.

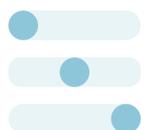


Who is this course for?

- This course is for anyone who wants a structured, practical, and highly accessible introduction to mindfulness.
- People new to mindfulness, anyone who has tried mindfulness apps or perhaps read a book and wants the structure of a course led by an experienced teacher.
- This course requires your commitment to attend all the sessions and a daily practice of 20 minutes.

The transformation that awaits you.

- Reduced feelings of stress and anxiety.
- Less worrying and obsessing over things.
- Greater appreciation of what is pleasant and enjoyable in life.
- Feeling clearer about what is truly meaningful and living life with a stronger sense of purpose.
- Improved overall wellbeing, even in difficult times.





What you will learn in each of the sessions:

Week 01

Walking up to the autopilot

We will see the automatic pilot at work and explore what happens when. You “wake up” to the present moment. Through the Body and Breath meditation we’ll learn how to stabilize the mind and see what unfolds when you focus your full awareness on just one thing at a time. We’ll also reconnect with our senses through mindful eating. The practices of this week provide the essential foundations for the rest of the course.

Week 02

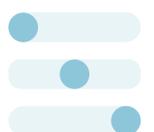
Keeping the body in mind

We explore the difference between thinking about a sensation and experiencing it. Many of us spend so much time living “in our heads” that we almost forget about the world experienced directly through our senses. The body scan meditation helps to train your mind so that you can focus your attention directly on your bodily sensations without judging or analyzing what you find. This helps you to see, ever more clearly, when the mind has begun to wander away by itself, so that you gradually learn to “taste” the difference between the “thinking mind” and the “sensing mind”.

Week 03

The mouse in the maze

We build on the previous sessions by introducing some easy Mindful Movement practices based on yoga. The movements, even though they are not difficult in themselves, allow you to see what your mental and physical limits are, and how you react when you reach them. You’ll gradually learn that the body is sensitive to emerging unsettling feelings when you are becoming too goal-focused, and this allows you to see how tense, angry or unhappy you become when things don’t turn the way you want. It’s an early warning system of profound power and significance that allows you to head off problems before they gain unstoppable momentum.





Week 04

Moving beyond the rumor mill

The Sounds and Thoughts meditation reveals how you can be sucked unwittingly into “overthinking”. You’ll learn to see your thoughts as mental events that come and go just like sounds. By meditating on the sounds around you, you’ll come to learn that “the mind is to thought what the ear is to sound”. This helps you to take a “decentered” stance to your thoughts and feelings, seeing them come and go in the space of awareness. This will enhance clarity of awareness and encourage you to take a different perspective on your busyness and troubles.

Week 05

Turning towards difficulties

We’ll practice the Exploring Difficulty meditation that helps you to face (rather than avoid) the difficulties that arise in your life from time to time. Many of life’s problems can be left to resolve themselves, but some need to be faced with a spirit of openness, curiosity and compassion. If you don’t embrace such difficulties, then they can increasingly blight your life.

Week 06

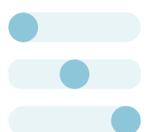
Trapped in the past or living in the present?

We explore how negative ways of thinking gradually dissipate when you actively cultivate loving-kindness and compassion through Befriending Meditation and acts of generosity in daily life. Cultivating friendship towards yourself, including for what you see as your “failures” and “inadequacies”, is the cornerstone of finding peace in a frantic world.

Week 07

When did you stop dancing?

We explore the close connection between our daily routines, activities, behavior, and moods. When we are stressed and exhausted, we often give up the things that “nourish” us to make time for the more “pressing” and “important” things. We focus on using meditation to help you make increasingly skillful choices, so that you can do more of the things that nourish you, and limit the downsides of those things that drain and deplete your inner resources.



Week 08

Your wild and precious life

This last session helps you to weave mindfulness into your daily life, so that is always there when you need it most.

This program includes:



Life sessions

8 weekly sessions of 90-minutes each



Student Booklet

A student booklet with the key information covered during each of the sessions along with the weekly home practices.



Guided Meditations

8 guided meditations that can be downloaded



Mindfulness Community

Access to a community to continue developing your practice.