


MINDFULNESS CERTIFICATE COURSE

Information Sheet - Impington Village College, Cambridge, Cambridgeshire CB24 9LX

Course Title:	Dynamic Mindfulness [Intermediate Level]		Programme Area	
Course Dates:	November 9 to December 7 2017	Length of sessions:	7-9pm	
Length of course	5 Evenings	Autumn Term	Thursday Evenings	
Full Course Fee: £50 - Concessionary Fee: £40				
Course Level:	Mixed ability	NO		
	Beginners	NO		
	Improvers	YES		
Target Group	CERTIFICATED course for those who have already done our 5-evenings Basic Course AND are meditating regularly.			
<p>An advanced course to develop further your range and application of mindfulness techniques for enrichment of personal or workplace life.</p> <p>On successful completion of this short additional Mindfulness course, trainees will have a foundation from which to teach basic-level Mindfulness & Meditation and a course attendance and achievement qualification certificate will be provided free [a sample of this certificate is available on request]</p> <p>Dynamic Mindfulness is mindfulness training that focusses on your 'here and now' mindful actions, challenges, needs & opportunities, rather than focussing on academic, or only the "chilling-out", aspects of mindfulness.</p> <p>More about Mindfulness: www.fullyalive.me.uk</p> <div style="text-align: right;">  </div> <p>More about your Tutor: www.stress-counselling.co.uk/ADMIN/mikemeredith.htm</p>				
Any skills or qualifications needed for entry into the class				
<p>You must have successfully completed one of Dr. Meredith's Basic Mindfulness Courses AND have a regular <i>integrative</i> [non-dissociative, non-visualisation] meditation practise.</p> <p>You will need an open mind and willingness to explore new experiences. This is an holistic course [includes mindful movement, meaningful living + emotional mindfulness].</p> <p>Classes are supplemented by email + web-based resources & online videos.</p>				
Course outline, including aims				
<ul style="list-style-type: none"> ★ Week 1: Opening up New Levels of Inner & Outer Experience! ★ Week 2: Reflective Practice (retrospective mindfulness) ★ Week 3: Approach 'Symptoms' mindfully to create new patterns ★ Week 4: Strategic Mindfulness for Dynamic, Fulfilling Lifestyle ★ Week 5: Mindful Mentoring of family, friends, colleagues <p style="text-align: center;">[Includes Vipassana & Loving Kindness meditation practices]</p>				
Teaching and learning methods used				
<p>An experiential approach with practical & interactive exercises every week + sharing f personal journeys of self-empowerment, increasing inner peace & self-transformation.</p> <p>Each class is accompanied by a follow-up email giving background to class exercises + supplementary online learning materials.</p>				

How progress and success will be recorded	
You will be required to complete a TRACKER FORM: for self-recording of progress against course aims. Performance in the exercises and homework [integration of the course skills & tools into everyday life]	
Additional Course Cost (e.g. visits, materials, books, equipment)	
None.	
Materials required for first class	Pen & notepad, loose-fitting clothing, meditation stool or cushion if you have one.
Further training opportunities after this course...	The "Emotional Detox" course is recommended for further mindfulness & lifeskills training: http://www.sunflower-health.com/courses/detox.htm See also tutor website: www.sunflower-health.com/workshops.htm for related further events & courses.
Equalities statement	
<i>"The County Council operates an Equality of Opportunity Policy. We will ensure that resources and equipment are accessible to all and make reasonable adjustments to ensure that all can access activities. If you have any specific needs which might affect your learning you are entitled to a confidential interview where we can look at the support you require. We believe that everyone is entitled to learn in an environment that is free from discriminatory behaviour so that we build a learning community based on mutual respect and trust."</i>	
Tutor Contact:	Michael Meredith: mike@fullyalive.me.uk
TO BOOK YOUR PLACE:	Cheques should be made payable to Impington Village College. Cash in person to the Office only. Bookings and payments can also be made over the telephone on 01223 200411 using a credit or debit card. Enquiries to: adultlearning@impington.cambs.sch.uk