

Meditation for Daily Life: Introductory Leaflet

What is a meditation class ?

In each two-hour session you will learn and practice a number of key mindfulness practices and have the opportunity to discuss if you choose, your experience of these within the group. There will also be a day of practice from 10am - 4pm one weekend around session 6 or 7.

What is Mindfulness ?

Mindfulness is a process of paying attention to yourself, your environment and those around you. By so doing, you become aware of your behaviour and interactions, giving you the opportunity to respond more skilfully to events in your life and to past patterns of behaviour. This natural state of awareness finds its origins in the Buddhist mindfulness meditation and can be learned by anyone regardless of cultural or religious background.

Is this new in the West?

Mindfulness skills have been widely taught since the 1970's in areas as diverse as behavioural medicine, mental health, corporations, schools and government agencies including prisons.

Is it suitable for me?

The course is suitable for all ages and levels of fitness. No prior experience is necessary. The process of learning mindfulness is not easy and requires effort and resolve to gain the benefits. If this was not the case, we would all be practicing already. There will be periods of working on the floor, though if you find this physically difficult it is possible to adapt to a sitting or standing posture.

Teaching does not give you the benefit !

A meditation teacher does not undertake the role of a therapist, but rather that of an instructor. The teaching in class does not give you the benefit, only your practice does that. You require a willingness to participate and a commitment to complete about 45mins practice each day between classes. If you feel that your circumstances do not support this level of commitment then it may be better to postpone your participation until a more conducive time. By either session 3 or 4 you will more than likely feel fed up and / or bored with the process. This is usual, and such reactions are quite normal and will pass as we move through the course.

About the Teacher

Hugh first learnt mindfulness meditation from the monastic Buddhist tradition of S.E. Asia more than 25 years ago whilst living and working in Thailand. He has continued to study with Senior Meditation teachers from Thailand, Burma and Sri Lanka on a regular basis ever since. His studies have also included Buddhist philosophy and the emerging discipline of Mindfulness Based Cognitive Therapy under Professor Williams. He has taught yoga and meditation on a one to one basis and in groups for more than ten years. He is a full time registered yoga teacher and a Mindfulness Teacher at the Oxford Mindfulness Centre, Oxford University Department of Psychiatry, Warneford Hospital.

If you would like to discuss any aspect of this course please feel free to call me on (01869) 340335 or email me on hugh@yogaunlimited.co.uk