



## Information sheet

### MBCT 3 day intensive experiential course

**Venue:** We will send venue/parking information to you during the week leading up to the course.

**Refreshments:** Tea/coffee is provided on arrival, with nourishing light refreshments at morning and afternoon tea. We have an hour for lunch. Feel free to bring your own lunch, or you can access one of the nearby food outlets.

**What to bring:** Wear loose layers of comfortable, warm, casual clothing allowing for unrestricted breathing. Many people feel cold during meditation, please bring a blanket and warm socks.

Please also bring a mat or blanket and any extra pillows or cushions for lying down meditations. For sitting meditations you can use a chair, or bring firm cushions, or meditation stool.

**Format of each session:** The days are divided into four segments, each flowing between meditations, information, exercises, and group discussion. Up to 3 hours per day will be in meditation. While the focus throughout is on experiential learning, on the last afternoon there is an opportunity to discuss remaining theoretical questions. A workbook and CD with meditations is provided.

**Making the best of a 3 day intensive:** It is the nature of experiential training that participants might experience various frustrations with the practice and the inductive learning process. These frustrations naturally become a useful part of the learning, sometimes the most useful if you persevere to discover the value. If you have any difficulties, including those that might have you considering withdrawing, please talk to me as I may be able to assist. You will not be the only one experiencing some challenges, so it is great learning for everyone when you share these and we can respond to them. Feel free to take notes, and reflect and meditate in the evenings after the course. As best as is possible, minimise distractions by clearing other commitments on the evenings of this course so you have the opportunity to immerse yourself in the experience and integrate new learning.

**Attendance:** Each segment is an integral part of the whole. If you are late, or you miss a part for whatever reason, just come in and join in. Certificates will be available at the end of the course.

Please feel free to contact us at [mind@mindfulnesscentre.com](mailto:mind@mindfulnesscentre.com) if there are any other questions you would like answered before the group starts. I look forward to seeing you at our 3 Day MBCT Intensive.

*Liana*

**Liana Taylor**  
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Psychologist, Meditation Teacher  
**Director**