



Information sheet

MBCT 8 week 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 light refreshments during the class.

What to bring: Wear loose layers of comfortable, casual clothes allowing for unrestricted breathing and warmth. Many people become cold during meditation, please bring a blanket, and warm socks, and a pillow or cushions for lying down meditations. For sitting meditations most use chairs, or bring firm cushions/ meditation stool.

Format of each session: The focus throughout is on experiential learning with classes flowing between meditations, information, exercises and group discussion. In the last session there is an opportunity to discuss remaining theoretical questions.

Making the best of an 8 week course: Mindfulness meditation is about seeing just what is there, and sometimes seeing what is there can be a bit stressful. Participants commonly experience various frustrations with the practice, which is ultimately useful if you keep going until the end of the course. I encourage you to persevere to discover the value, and certainly raise these issues as you go along. 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.

Attendance: Do attend all 8 sessions (if possible) as each segment of each session is an integral part of the whole experience. If you have any difficulties, including those that might have you considering withdrawing, please contact me first as I may be able to assist. If you are late, or if you do miss a segment for whatever reason, just come on in and join in, and we will catch you up.

A course manual and CD with meditations will be provided.

Please feel free to contact us if there are any other questions you would like answered before the group starts.

I look forward to seeing you at our first session.

Liana

Liana Taylor

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Psychologist, Meditation Teacher

Director