

*Timetable for 2016/17 Weekend Modules*

| <b>DATES</b>                          | <b>FRIDAY</b>   | <b>SATURDAY</b>                                    | <b>SUNDAY</b>  |
|---------------------------------------|---|--|--|
| <b>7/8/9<br/>October<br/>2016</b>     | <b>Orientation</b> session for all mindfulness-based Master's students<br>Foundation: 4-9pm<br>Other modules: 6-9pm | <b>Foundation</b><br>Day 1                         | <b>Research</b><br>Day 1   |
|                                       |   | <b>Teaching 1</b><br>Day 1                         |  |
|                                       |   | <b>Teaching 2</b><br>Day 1                         | <b>Buddhist Background</b><br>Day 1  |
|                                       |   | Research module orientation session<br>6.00-7.30pm |  |
| <b>25/26/27<br/>November<br/>2016</b> | <b>Rebecca Crane teaching day*</b><br>MBCT: development, research and theory.<br>9am-5pm                            | <b>Foundation</b><br>Day 2                         | <b>Research</b><br>Day 2   |
|                                       |   | <b>Teaching 1</b><br>Day 2                         | <b>Buddhist Background</b><br>Day 2  |
|                                       |   | <b>Teaching 2</b><br>Day 2                         |  |
| <b>20/21/22<br/>January<br/>2017</b>  | <b>Dr John Peacock teaching day*</b><br>Buddhist teachings on mindfulness, 9am-5pm                                  | <b>Foundation</b><br>Day 3                         | <b>Research</b><br>Day 3***  |
|                                       |   | <b>Teaching 1</b><br>Day 3                         | <b>Buddhist Background</b><br>Days 3 and 4 are on Sun 22, Mon 23 Jan                 |
|                                       |   | <b>Teaching 2</b><br>Day 3                         |  |
| <b>17/18/19<br/>March<br/>2017</b>    | <b>Teaching 2</b> Teaching practice assessment days on both Thursday 16 and Friday 17 March                         | <b>Foundation</b><br>Day 4                         | <b>Research</b><br>Day 4   |
|                                       |   | <b>Teaching 1</b><br>Day 4                         | <b>Day of silent practice*</b> for students on Foundation, Teaching 1 and Teaching 2 |
|                                       | <b>Professional Issues in Teaching Mindfulness**</b><br>9am-5pm   | <b>Teaching 2</b><br>Day 4                         |  |
| <b>19/20/21<br/>May<br/>2017</b>      | <b>Foundation</b><br>Individual presentations all day   | <b>Foundation</b><br>Day 5                         | <b>Research</b><br>Day 5   |
|                                       | <b>Teaching 1</b><br>Teaching practice assessment day   | <b>Teaching 1</b><br>Day 5                         | <b>Buddhist Background</b><br>Day 5  |
|                                       |   | <b>Teaching 2</b><br>Day 5                         |  |

\*indicates compulsory extra days for Foundation students and recommended for other students.

\*\*indicates compulsory extra day for Teaching 1 students and optional for other students.

\*\*\*indicates optional extra day for Teaching 2 students only.