

Timetable for 2017/18 Mindfulness Master's Modules

DATES	FRIDAY	SATURDAY	SUNDAY
6/7/8 October 2017	Orientation session for all mindfulness-based Master's students Foundation: 4-9pm Other modules: 6-9pm	Foundation Day 1	Research Day 1
		Teaching 1 Day 1	
		Teaching 2 Day 1	Buddhist Background Day 1
24/25/26 November 2017	Rebecca Crane* MBCT: development, research and theory. 9am-5pm (Teaching space 1: Wheldon Building)	Foundation Day 2	Research Day 2
		Professional Issues in Teaching Mindfulness** 9am-5pm (F1 Thoday Building)	Buddhist Background Day 2
	Teaching 1 Day 2		
	Teaching 2 Day 2		
19/20/21 January 2018	Ciaran Saunders* Buddhist perspectives informing mindfulness-based programmes 9am-5pm (in Reichel Hall)	Foundation Day 3	Research Day 3
		Rebecca Crane** MBSR/MBCT curriculum 1pm-5pm (in Reichel Hall)	Buddhist Background Days 3 and 4 are on Sun 21, Mon 22 Jan
	Teaching 1 Day 3		
	Teaching 2 Day 3		
16/17/18 March 2018	Teaching 2 Teaching practice assessment days on both Thursday 15 and Friday 16 March	Foundation Day 4	Research Day 4
		Teaching 1 Day 4	Day of silent practice*
		Teaching 2 Day 4	
18/19/20 May 2018	Foundation Individual presentations all day	Foundation Day 5	Research Day 5
		Teaching 1 Teaching practice assessment day	Buddhist Background Day 5
	Teaching 1 Day 5		
	Teaching 2 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. As it is the first year we are running the MBCT/MBSR curriculum afternoon, this is not strictly compulsory for T1 students this year, but is highly recommended.