### Timetable for 2017/18 Mindfulness Master’s Modules

<table>
<thead>
<tr>
<th>DATES</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
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| 6/7/8 October 2017 | **Orientation** session for all mindfulness-based Master’s students  
Foundation: 4-9pm  
Other modules: 6-9pm | **Foundation**  
Day 1  
**Teaching 1**  
Day 1  
**Teaching 2**  
Day 1 | **Research**  
Day 1 |
| 24/25/26 November 2017 | **Rebecca Crane***  
MBCT: development, research and theory.  
9am-5pm (Teaching space 1: Wheldon Building) | **Foundation**  
Day 2  
**Teaching 1**  
Day 2  
**Teaching 2**  
Day 2 | **Research**  
Day 2 |
| 19/20/21 January 2018 | **Ciaran Saunders***  
Buddhist perspectives informing mindfulness-based programmes 9am-5pm (in Reichel Hall)  
**Rebecca Crane***  
MBSR/MBCT curriculum  
1pm-5pm (in Reichel Hall) | **Foundation**  
Day 3  
**Teaching 1**  
Day 3  
**Teaching 2**  
Day 3 | **Research**  
Day 3 |
| 16/17/18 March 2018 | **Teaching 2**  
Teaching practice assessment days on both Thursday 15 and Friday 16 March | **Foundation**  
Day 4  
**Teaching 1**  
Day 4  
**Teaching 2**  
Day 4 | **Research**  
Day 4  
**Day of silent practice*** |
| 18/19/20 May 2018 | **Foundation**  
Individual presentations all day | **Foundation**  
Day 5  
**Teaching 1**  
Day 5  
**Teaching 2**  
Day 5 | **Research**  
Day 5  
**Buddhist Background**  
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.