

Timetable for 2018/19 Mindfulness Master's Modules:

Note that unless otherwise stated, the times are from 9am until around 4.45pm each day.

DATES	FRIDAY	SATURDAY	SUNDAY
5/6/7 October 2018	Orientation session for all mindfulness-based Master's students Foundation: 2.30-9pm Other modules: 6-9pm	Foundation Day 1	Research Day 1
		Teaching 1 Day 1	
		Teaching 2 Day 1	Buddhist Background Day 1
23/24/25 November 2018	Rebecca Crane* MBCT: development, research and theory. 9am-5pm	Foundation Day 2	Research Day 2
		Professional Issues in Teaching Mindfulness** 9am-5pm	Buddhist Background Day 2
	Teaching 2 Day 2		
18/19/20/21 January 2019	Ciaran Saunders* Buddhist perspectives informing mindfulness-based programmes 9am-5pm	Foundation Day 3	Research Day 3
		Teaching 1 Day 3	
	Rebecca Crane** MBSR/MBCT curriculum 1pm-5pm	Teaching 2 Day 3	Buddhist Background Days 3 and 4 are on Sun 20, Mon 21 Jan
14/15/16/17 March 2019	Teaching 2 Teaching practice assessment days on both Thursday 14 and Friday 15 March	Foundation Day 4	
		Teaching 1 Day 4	Day of silent practice*
		Teaching 2 Day 4	
17/18/19 May 2019	Foundation Individual presentations all day	Foundation Day 5	Research Day 5
		Teaching 1 Teaching practice assessment day	Buddhist Background 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.