

Timetable for 2019/20 Mindfulness Master's Modules
 Unless otherwise stated, all teaching days begin at 9am and end around 4.45

DATES	FRIDAY	SATURDAY	SUNDAY
4/5/6 October 2019	ORIENTATION session	FOUNDATION Day 1	RESEARCH Day 1
	Foundation: 4-9pm.	TEACHING 1 Day 1	
	T1 and T2 modules: 6-9pm	TEACHING 2 Day 1	BUDDHIST BACKGROUND Day 1
22/23/24 November 2019	Becca Crane* MBCT: development, research and theory. 9am-5pm	FOUNDATION Day 2	RESEARCH Day 2
	Professional Issues in Teaching Mindfulness** 9am-5pm	TEACHING 1 Day 2	BUDDHIST BACKGROUND Day 2
		TEACHING 2 Day 2	
17/18/19/20 January 2020	Ciaran Saunders* Buddhist perspectives informing mindfulness-based programmes 9am-5pm	FOUNDATION Day 3	RESEARCH Day 3
	Rebecca Crane** MBSR/MBCT curriculum 1pm-5pm	TEACHING 1 Day 3	BUDDHIST BACKGROUND Days 3 and 4 are on Sun 19, Mon 20 Jan
		TEACHING 2 Day 3	
12/13/14/15 March 2020	TEACHING 2 Teaching practice assessment days on both Thursday 12th and Friday 13th March	FOUNDATION Day 4	RESEARCH Day 4
		TEACHING 2 Day 4	Day of silent practice*
14/15/16/17 May 2020	FOUNDATION Individual presentations	FOUNDATION Day 5	RESEARCH Day 5
	TEACHING 1 Teaching practice assessment day on Thursday 14 th (1pm- 5pm). Teaching Day 4 on Friday 15 th (9am-5pm)	TEACHING 1 Day 5	BUDDHIST BACKGROUND Day 5
		TEACHING 2 Day 5	

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

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