

Timetable for 2021/22 Mindfulness Master's Modules

Unless otherwise stated, all teaching days begin at 9am and end around 4.45. See page 2 below for details about the Mindfulness and the Brain, Mindfulness Teaching Project, and Thesis modules.

DATES	FRIDAY		SATURDAY	SUNDAY
1/2/3 October 2021	ORIENTATION¹		FOUNDATION Day 1	RESEARCH Day 1
	If on campus	If online		
	Foundation: 4-9pm.	Foundation: 12-5 pm.	TEACHING 1 Day 1	BUDDHIST BACKGROUND Day 1
	T1 and T2 modules: 6-9pm	T1 and T2 modules: 2-5 pm	TEACHING 2 Day 1	
19/20/21 November 2021	Ciaran Saunders² Buddhist perspectives informing mindfulness-based programmes 9am-5pm		FOUNDATION Day 2	RESEARCH Day 2
	Professional Issues³ in Teaching Mindfulness 9am-5pm		TEACHING 1 Day 2	BUDDHIST BACKGROUND Day 2
			TEACHING 2 Day 2	
14/15/16/17 January 2022	Rebecca Crane² MBCT: development, research and theory. 9am-5pm		FOUNDATION Day 3	RESEARCH Day 3
			TEACHING 1 Day 3	BUDDHIST BACKGROUND Days 3 and 4 are on Sun 16th, and Mon 17th Jan
			TEACHING 2 Day 3	
12/13 March 2022			FOUNDATION Day 4	RESEARCH Day 4
			TEACHING 1 Day 4	Day of silent practice²
			TEACHING 2 Day 4	
13/14/15/ May 2021	FOUNDATION Individual presentation day		FOUNDATION Day 5	RESEARCH Day 5
			TEACHING 1 Day 5	BUDDHIST BACKGROUND Day 5
			TEACHING 2 Day 5	

¹ Times depend on whether we are teaching in-person or online – this is uncertain due to the pandemic. Times will be confirmed well in advance of October 2021. All other times shown are accurate for both in-person and online teaching

² Compulsory for **Foundation** students, all other students welcome to join.

³ Compulsory for **Teaching 1** students, all other students welcome to join.

Some modules do not require you to travel to Bangor for the teaching weekends. Details of these are below. See the prospectus for details on Routes 1 and 2.

Mindfulness and the Brain An optional module for both Routes 1 and 2	Mindfulness Teaching Project Taken in the final year, Route 1	Thesis Taken in the final year, Route 2
<p>No travel to Bangor is required during the Mindfulness and the Brain module. This module is an online module, with a combination of recorded lectures and ‘live’ online sessions.</p> <p>These are the dates for the online ‘live’ tutorials. They are on Tuesdays from 6-8 pm.</p> <p style="text-align: center;"> October 19th 2021 November 16th 2021 December 14th 2021 January 18th 2022 February 22nd 2022 March 22nd 2022 April 19th 2022 May 24th 2022 </p> <p>There is an additional online day in March with a choice of one of two dates – Saturday 19th or Sunday 20th of March 2022.</p>	<p>This module comprises of a single 7-day retreat in September each year called the ‘Teacher Training Retreat 2’ which is included in the module fee (although please note that accommodation fees are not included in the module fee).</p> <p>There may be an online option for this retreat.</p> <p>The rest of the year is conducted via online learning.</p>	<p>No travel to Bangor is required during the thesis module.</p> <p>A supervisor is assigned to you who will guide you as you write up your thesis with one-to-one tutorials conducted online.</p>