

Timetable for 2022/23: Master's in Mindfulness

Unless otherwise stated, all teaching days begin at 9am and end around 4.45. See page 3 below for details about the Mindfulness and the Brain, Mindfulness Teaching Project, and Thesis modules.

DATES	FRIDAY	SATURDAY	SUNDAY
ONLINE Friday 30 TH September 2022	WELCOME SESSION: ALL STUDENTS 5.30-6.30pm		
	FOUNDATION 6.30-7.30pm		
	TEACHING 1 3.30-5.30pm		
ON-CAMPUS at Bangor University 7/8/9 October 2022	ORIENTATION – FOUNDATION AND T2 ONLY	FOUNDATION Day 1	RESEARCH Day 1
	FOUNDATION Orientation Arrive from 1pm to register. The first session of Foundation is 3-5pm.	TEACHING 1 Day 1	
	TEACHING 2 Orientation 5pm -7pm	TEACHING 2 Day 1	BUDDHIST BACKGROUND Day 1
ONLINE (No travel required) 18/19/20 November 2022	Ciaran Saunders ¹ Buddhist perspectives informing mindfulness-based programmes 9am-5pm	FOUNDATION Day 2	RESEARCH Day 2
	TEACHING 1 Professional Issues in Teaching Mindfulness 9am-5pm	TEACHING 1 Day 2	BUDDHIST BACKGROUND Day 2
		TEACHING 2 Day 2	
ON-CAMPUS at Bangor University 20/21/22 January 2023	Rebecca Crane ¹ MBCT: development, research and theory. 9am-5pM	FOUNDATION Day 3	RESEARCH Day 3
		TEACHING 1 Day 3	BUDDHIST BACKGROUND Day 3
		TEACHING 2 Day 3	
ONLINE 4 th February		TEACHING 2 9.30am-12.30	
ONLINE (No travel required) 17/18/19 March 2023	Day of silent practice ¹	FOUNDATION Day 4	RESEARCH Day 4
		TEACHING 1 Day 4	
		TEACHING 2 Day 4	BUDDHIST BACKGROUND Day 4
ON-CAMPUS at Bangor University 12/13/14 May 2023	FOUNDATION Individual presentation day	FOUNDATION Day 5	RESEARCH Day 5
		TEACHING 1 Day 5	BUDDHIST BACKGROUND Day 5
		TEACHING 2 Day 5	

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.

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

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;">18th October 2022 15th November 2022 13th December 2022 17th January 2023 21st February 2023 21st March 2023 18th April 2023 16th May 2023</p> <p style="text-align: center;">Presentation day for the module (online), students pick between either: Saturday 25th March 2023 or Sunday 26th March 2023.</p>	<p>This module comprises of a retreat in September each year called the ‘Teacher Training Retreat 2’ which is included in the module fee.</p> <p>In 22/23 this will be an online retreat in two blocks, with practice days in between the teaching blocks, 8th-11th September 2022 22nd-25th September 2022</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>