

Mindfulness Drop-in Practice Sessions
Programme for Semester 1, 2017/18
Every Wednesday from 27 September: 4.00 - 4.50pm

| Date | Title |
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| Week 1: 27 September 2017 | Introduction to Mindfulness Suggested Home Practice Link: Chocolate meditation http://franticworld.com/free-meditations-from-mindfulness/ |
| Week 2: 4 October 2017 | Grounding in the Body Suggested Home Practice Link: https://www.bangor.ac.uk/mindfulness/audio/index.php.en Many different body scans available here |
| Week 3: 11 th October 2017 | Training attention and concentration Suggested Home Practice Link https://www.bangor.ac.uk/mindfulness/audio/index.php.en |
| Week 4: 18 th October 2017 | Grounding in the breath Suggested Home Practice Link: Mindfulness of the Body and Breath http://franticworld.com/free-meditations-from-mindfulness/ |
| Week 5: 25 th October 2017 | Working with a wandering Mind Suggested Home Practice Link: Mindfulness of the Body and Breath http://franticworld.com/free-meditations-from-mindfulness/ |
| Week 6: 1 November 2017 | Movement Meditation; Being in the body Suggested Home Practice Link: A range of different Mindful Movement practices can be found at https://www.bangor.ac.uk/mindfulness/audio/index.php.en |
| Week 7 8 November 2017 | Walking Meditation; coming out of auto pilot Suggested Home Practice Link: A range of different walking practices can be found at https://www.bangor.ac.uk/mindfulness/audio/index.php.en |
| Week 8: 15 November 2017 | Being with Difficulty Suggested Home Practice Link: Working Skilfully with difficult emotions http://mindfulnessforstudents.co.uk/resources/mindfulness-audio-guided-practices/ |

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| Week 9: 22 November 2017 | Acceptance and Letting Be <u>Suggested Home Practice Link</u> https://www.bangor.ac.uk/mindfulness/audio/index.php.en |
| Week 10: 29 November 2017 | Coming Back to the Body <u>Suggested Home Practice Link</u> https://www.bangor.ac.uk/mindfulness/audio/index.php.en |
| Week 11 6 December 2017 | Befriending <u>Suggested Home Practice Link</u> http://mbctapp.oxfordmindfulness.org/users/dashboard |
| Week 12 13 December 2017 | Cultivating Loving Kindness <u>Suggested Home Practice Link:</u> Befriending Meditation http://franticworld.com/free-meditations-from-mindfulness/ or https://www.bangor.ac.uk/mindfulness/audio/index.php.en |
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| Exams: 10 January 2018 | Using Mindfulness Skills to manage stress <u>Suggested Home Practice Link:</u> 3 Step Breathing Space http://franticworld.com/free-meditations-from-mindfulness/ Sounds and Thoughts http://franticworld.com/free-meditations-from-mindfulness/or or https://www.bangor.ac.uk/mindfulness/audio/index.php.en |
| Exams: 17 January 2018 | Using Mindfulness skills to manage stress <u>Suggested Home Practice Link:</u> 3 Step Breathing Space http://franticworld.com/free-meditations-from-mindfulness/ Sounds and Thoughts http://franticworld.com/free-meditations-from-mindfulness/ or https://www.bangor.ac.uk/mindfulness/audio/index.php.en |