



Breathing Space

the learning and development journal
for all mindfulness teachers & therapists

Winter Issue 2020-21



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Welcome to the Winter 2021 Issue of Breathing Space!

Hi everyone.

Welcome to the Winter edition of Breathing Space. In these testing times it's nice to have a 'Breathing Space' and settle down in front of the fire with a cuppa and a good read. So, in this issue we have loads that will, I'm sure, provide food for thought:

Maddy Agnew kicks us off by taking an alternative look at New Years Resolutions. There's a lovely poem in there too. And then Aston Colley shares expert insights into Mindfulness and Movement. Geraldine Lee-Treweek outlines the challenges that face us as therapists when attempting to identify situations involving Coercive Control.

We have a couple of great pieces from Fran Flint – an article On Finding Peace and A Meditation on Stress. And Sarah Giordano shares her experiences of working online with oncology patients.

There's also an article by Sharon Conway who talks about dealing with change and moving on in the present climate of uncertainty. And we include details of our Gift Retreat Days, as well as upcoming CPD events on the last two pages.

And, as usual, we include details of all our upcoming CPD events on the back page.

As always, may I take this opportunity to thank everyone who has contributed to this issue and invite you, YES YOU, to write and submit an article of your own. We're always on the lookout! Book Reviews too please. Anything that you think might be of interest to other mindfulness teachers and therapists.

Happy reading!

Please submit your articles to

info@mindfulnessnow.org.uk

Rachel Broomfield - Editor - Breathing Space



Breathing Space

Editor:

Rachel Broomfield

info@mindfulnessnow.org.uk

Publisher

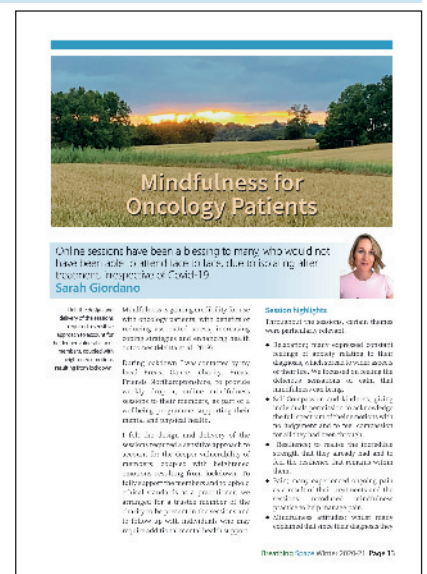
Nick Cooke

Central England College

0121 444 1110

info@mindfulnessnow.org.uk

www.mindfulnessnow.org.uk





Rather than giving yourself another big goal this year, why not give yourself a break! Maddy takes an alternative look at making New Year's Resolutions.

Madeleine Agnew



Perhaps there is a niggling voice lurking somewhere in the back of our minds that wisely reminds us, it might not be so easy to move on from last year.

Well, what an interesting year 2020 has been! Many of us may only be too happy to say goodbye to the year 2020, good riddance more likely! Out with the old and in with the dawning of the new and hopeful 2021! We might even be considering all the new year's resolutions we promised ourselves last year but somewhere, along with many other things, they too have been postponed. We can probably agree that most resolutions are supposed to be about making positive change in our lives. Some of us resolve to become fitter, healthier, to start something new or perhaps finish something old.

But in amongst all the joyful optimism about the bright new 2021, there might also be some other feelings. Perhaps there is a niggling voice lurking somewhere in the back of our minds that wisely reminds us, it might not be so easy to move on from last year. To let go of everything. We may still be bearing some of its unmistakable scars in one way or another. We might have a little

healing to do, or maybe even a lot! We might need to be extra 'patient' with our ourselves this new year. We might need to accept what a difficult year we have had, what has happened to us, to others and how we now feel about everything. Maybe these new year's resolutions could be about something a little different this time. Why not, rather than giving yourself another big goal this year, why not give yourself a big break!

1 Give yourself TIME!

How often do we give ourselves a little bit of time? Time might be technically free and it might even be available but it's not an easy gift to give to ourselves! Time is so precious to us. But maybe, this 'time' might be the most important thing we can give ourselves this new year. Time to heal perhaps or to discover some kind of closure from this last year. It can be all too easy to just push on and on with our lives rather than to stop and acknowledge what is going on. To actually feel whatever it is we are feeling without expecting anything to change straight away. Time without an agenda. Time to just be how we are, how we really are. Time to eventually

TWO ROADS DIVERGED IN A
WOOD, AND I – I TOOK THE
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learn how to accept this new version of ourselves, post 2020! You don't have to like everything you discover about yourself but from this, more mindful, vantage point we might actually have a chance to do something about it. Maybe even eventually move on and let go of 2020 but there is no rush! Give yourself time!

2 Take a cup of KINDNESS yet, for auld lang syne!

Perhaps, at the stroke of midnight when singing our most beloved New Year's eve song take a moment and really listen. The thoughtful lyrics of Robert Burns' popular poem and song ring a particularly poignant note for us all this new year. Offer some kindness for the days gone by. Mindfulness and Kindness could be thought as one and same. It is one of the most important attitudes from which the rest will readily follow, which is why it is going to be so important for us when thinking of our new year's resolutions. Could we all make a resolution to be kinder. And, what a better place to start than with yourself. Take your cup of kindness this new year, for the sake of auld lang syne!

"For auld lang syne, my dear,
For auld lang syne
We'll take a cup of kindness yet,
for the sake of auld lang syne!"

3 Try the road less travelled by.

We spend so much of our lives routinely existing from one habit to the next. Our heads bent low perhaps vacantly staring at a device or screen, maybe even stopping every now and again but only to ponder for a moment on 'why, oh why, things never seem to change.' Well, there might be an answer! Although mindfulness isn't necessarily about change, it is often a wonderful place to start. We can all use the mindfulness attitude 'beginners mind' to help us discover the real potential and limitless possibilities that are available with each new day, if we could only

look up and actually notice them. In Robert Frost's famous poem 'The Road Not Taken', the character of the traveller in the yellow wood famously chooses to take the grassy road less travelled by, a road that so easily could have been missed without the attitude of beginner's mind. We might not all have grassy roads to take but we all have small ways that we could try new things and explore our habits mindfully this new year. The poem teaches us that the new way might not be the easiest route but perhaps looking back over time it might just make "all the difference."



The Road Not Taken

BY ROBERT FROST

Two roads diverged in a yellow wood,
And sorry I could not travel both
And be one traveller, long I stood
And looked down one as far as I could
To where it bent in the undergrowth;

Then took the other, as just as fair,
And having perhaps the better claim,
Because it was grassy and wanted wear;
Though as for that the passing there
Had worn them really about the same,

And both that morning equally lay
In leaves no step had trodden black.
Oh, I kept the first for another day!
Yet knowing how way leads on to way,
I doubted if I should ever come back.

I shall be telling this with a sigh
Somewhere ages and ages hence:
Two roads diverged in a wood, and I—
I took the one less travelled by,
And that has made all the difference.

Wishing you all a wonderful new year filled with kindness, time to heal and new possibilities for 2021!

Getting Out the Yoga Mat

Practicing Yoga mindfully is about self-enquiry, noticing ourselves in many different ways, what we are experiencing in the moment.

Aston Colley



Perhaps the most important reason for finding yoga time is it allows our mind to become quiet as we drop into the sensations of the body.

We may feel stiff after a period of inactivity and want to gently move. Our minds may be over busy and agitated about an issue in our lives and feel the need to calm ourselves. But perhaps the most important reason for finding yoga time is it allows our mind to become quiet as we drop into the sensations of the body.

Practising mindful Yoga is not about striving in the exercise/gym sense or being concerned about how to perform the posture. Practicing Yoga mindfully is about self-enquiry, noticing ourselves in many different ways, what we are experiencing in the moment. “What is happening right now?” “What am I sensing?” and “What do I notice?”

As yoga is so experiential it is often hard to articulate. As initially calmness is the goal, it is sensible to start with something that quietens us down. When the nervous system is calm, we are able to discern changes in our state more easily. I often start sessions with a sense of “grounding,” gained through quiet movement and postures.

For instance, lying on your back with your knees bent and feet on the floor. This gives us a chance to settle, to arrive in the moment and to pay gentle attention to a sense of connection between floor and body.

Other experiences include a sense of spaciousness, a sense of effort, a release of tension, a greater feeling of ease. These experiences give us clues as to whether the practice is helping us develop our ability to pay attention to ourselves in the moment.

The gentle practice helps reduce our mental chatter and identify more clearly how we feel at a deeper level. Thoughts or feelings of restlessness appear and reappear until we are able to make sense of them.

Once these thoughts and feelings have surfaced, you then have the choice to do something about them. If an uneasy feeling of disquiet goes unacknowledged or worse denied, it will have continual power over us. But if approached with acceptance and compassion its power becomes less engulfing and insight leading to change can happen. Thus, this approach to yoga goes beyond the mat, allowing mindfulness to permeate our lives.

If you are interested in exploring mindfulness yoga further. I am running an Online Mindfulness Yoga CPD workshop on Saturday May 22nd, 2021. A mix of theory and practice. The aim is to help develop your own practice by gaining a deeper insight into the process of self-enquiry through gentle movement so you can (in time) impart / teach Mindfulness Yoga to your students. Open to both beginners and more experienced.

The workshop was successfully run online in 2020.

“Thank you so much for last Sunday's Mindfulness Yoga workshop. It was truly relaxing, memorable, enlightening. You so beautifully filled the 'spaces' between Mindfulness & Yoga, as well as proving the intimacy and effectiveness of a virtual connection - Thank You.” - Judy Gibson (Sept 2020 Online)

Please see Mindfulness Now CPD listings on the back page for more details on this year's event or contact me for further information.

Aston Colley

BWY Yoga Teacher, Mindfulness Now Oxford Leader. D Hyp HPD.

Email: aston@unwind.uk.com

www.mindfulnessnowoxford.org.uk



Saturday 24th April 2021

Madeleine Agnew and Nick Cooke
The Gift Retreat Day (Online)

How often are we kind enough to offer ourselves the gift of a day of non-doing? Why not treat yourself to a day of 'just-being' in the comfort of your own home? Running via Zoom from 10am till 4pm, during the gift retreat you be guided by our team of experienced mindfulness trainers through various practices including meditation, gentle mindful movement and various informal mindfulness practices. Ideal for someone new to mindfulness who may be considering training to become a mindfulness teacher or experienced meditators alike!

Booking can be made at

<https://www.eventbrite.co.uk/e/mindfulness-retreat-day-running-virtually-via-zoom-24th-april-2021-tickets-130306278587>

The attendance fee for each retreat is £70.



Saturday 26th June 2021

Tony O'Shea-Poon & Rachel Ashcroft
The Gift Retreat Day (Online)

Following a very popular retreat day in 2020, Rachel and Tony are pleased to announce another Gift Retreat Day in 2021. This will be a special day for aspiring and qualified mindfulness teachers, supporting you to deeply embody your practice for the benefit of your participants and clients.

We will enjoy beautiful old and new meditations, mindful movement and moments of stillness together.

Bookings can be made at

<https://mindful.me.uk/classes-and-courses/>
The attendance fee for each retreat is £70.



Coercive or Controlling Behaviour and Clients:

awareness, identification and action for practitioners



Often, we think we know what domestic abuse 'looks like', that we would know how to spot it in clients - but would we?

Geraldine Lee-Treweek



A good starting point for understanding this newly recognised form of abuse is its definition.

During Covid-19, the problem of domestic abuse has come to the fore and been recognised in the media, by the public and politicians. Domestic abuse is a major public health problem and is not new but ideas about what comprises domestic abuse are changing. Often, we think we know what domestic abuse 'looks like', that we would know how to spot it in clients - but would we? The law in the UK changed in 2015 and the new offence of 'coercive and controlling behaviour' has been recognised; the Police can charge people with this offence. For therapists, coercive control is interesting because it is about controlling a person, often without them fully comprehending what is happening. Recent

depiction of a case of coercive and controlling behaviour on the TV soap Coronation Street, has drawn press coverage and resulted in more survivors stepping forward to gain help. However, this is still a new and emerging area, in which researchers, law enforcement professionals and therapists alike, are learning all the time.

A good starting point for understanding this newly recognised form of abuse is its definition. A definition from the UK Domestic Abuse Guidelines for Prosecutors (2020), states that it involves:

"Any incident or pattern of incidents of controlling, coercive or threatening

behaviour, violence or abuse between those aged 16 or over who are or have been intimate partners or family members, regardless of gender or sexuality. This can encompass, but is not limited to, the following types of abuse: psychological, physical, sexual, financial and emotional."

This is an area that is essential that therapists supporting the full range of clients need to be aware of and understand. As a therapist, you may often come into a situation where you either suspect or are directly told about coercive and controlling behaviour by clients, who may be

unaware of the issue, that they may have been subject to a crime or what to do about it.

Prevalence of Coercive and Controlling Behaviour

In England and Wales, coercive control offences nearly doubled in the year ending March 2019, from 9,053 to 17,616 (Office for National Statistics 2019). But we know that domestic violence usually involves aspects of coercive control and, with 746,219 domestic violence crimes recorded during that same period, it can be seen that there is a high under-report of coercive control.

Dr Geraldine Lee-Treweek was the creator and founder of undergraduate level Abuse Studies in the United Kingdom (a unique course globally). She has practiced hypnotherapy since 2013, after gaining her Hypnotherapy Diploma with CECCH. She has worked with people and groups who have experienced diverse forms of abuse in the UK and Europe and has specialisms across the spectrum of abuse, from abuse of older people to human trafficking and gender-based violence.





Moving Forwards in Times of Uncertainty

Big change requires small steps Sharon Conway



The film was called 'Contagion', a fictional movie set in China and the U.S. about a deadly virus breaking out and rapidly spreading across the world.

On a cold winter's evening a few years ago my partner and I settled down on the sofa with a pizza and a glass of wine ready to watch a movie. As usual we could not agree what to watch, he favoured a war film, I fancied a chick flick. After what seemed like an age of trying to agree on a title we would both enjoy, we compromised on a Steven Spielberg movie, you kind of just know it will be good.

The film was called 'Contagion', a fictional movie set in China and the U.S. about a deadly virus breaking out and rapidly spreading across the world. The World Health Organisation and leading medics raced to try to control the spread of the virus and find a cure, countries all over the world battled to control the panic that spread faster than the virus itself. Ordinary people struggled for survival as society started to fall apart.

I remember feeling a little disturbed by the life changing potential of such a virus, but I assumed that if it were to happen it would probably happen somewhere else, far from my daily life. The risk was low - I could ignore it.

We agreed it was a good film, switched the TV off and pretty much forgot all about it.

Today we are living through a frighteningly similar dramatic event. Horrific numbers of people are dying across the world, global fear, emotional turmoil and new restrictions have created a radical change in our lives. This time I cannot just turn off the TV, go to bed and hope it will go away.

This was not my plan for 2020; I had a holiday booked, family events to hold, training courses to attend, places to go, music concerts to see and theatre trips to enjoy. I had a whole vision of how the year was going to be.... Now all gone.

Suddenly everything seemed to be out of control, COVID-19 forced a sequence of events upon us all, that we could not fight against.

It is easy to understand why many people are now feeling overwhelmed, anxious and totally out of control.

To move forwards we need to accept that life is changing, things are not the same

for us, things are not how we planned. Life has changed. Often the difference between someone who is coping well with the changes and someone who is struggling with change is not one's superior ability, but the courage that one has to take steady steps forward. Understanding what is happening all around us and to us, requires us to stop, take stock, analyse, understand, reflect and make decisions to adapt to the changes in our lives.

Not every event in our life is our fault, but the impact they have on life is our responsibility. A combination of our decisions and external factors for which we had no control have brought us to where we are in the world today. Negatively blaming someone else, or some other circumstance, will change nothing. Positively taking full responsibility for our situation and our path forward can change everything.

Maybe now is the time we all need to make changes in our lives in order for us to move forward, but many of us are clinging to the way things were, refusing to let go of what we understood as 'normal'.

Does this sound familiar to you?

Are you waiting for the time to be right to make changes to your life, to re-plan? There is no such thing as the perfect time, it will never come. If you think that this moment feels like the wrong time, think again, it's just uncertainty messing with your mind. Most of the time you must dare to jump, the only question is which direction do you jump? Right now is the right time to decide to take a small step towards the edge.

Living is about learning as you go, living is a risky business. Every decision, every interaction, every step, every time you get out of bed in the morning you take a small risk.

Truly living is being in this moment, fully accepting of life as it is, to know you are getting up, to

know that you are taking that risk and to trust yourself to take it.

To not get out of bed, clinging to illusions of safety, is to die slowly without ever having truly lived.

Every moment of your life builds upon the next. This moment is the bridge between the reality of where you are and the vision of where you want to be. Reality is approaching you every second and the great thing is, you're able to alter it as it arrives. You just have to decide what you want to do with it. The greatest of all mistakes is to do nothing simply because you can only do a little. In fact, it is far more productive to take many small steps in the right direction than to make a giant leap only to stumble and fall and never get up again. The path to every goal requires a hundred small steps – one after the other.

Change often requires some level of effort and struggle, so don't do what's easy, do what you are

longer serving us in our lives, trying something new or making drastic life changes, let's take a step towards this now. Move in its general direction, with knowing, with awareness and feel the progression. Even if you have already taken your own steps, maybe you could help someone else take theirs?

We can watch a movie or watch the news, in the full knowing and acceptance that we don't have control, we cannot control everything. But we do have the ability to make changes, to take responsibility for our own life, we can stop clinging to what we knew as normal and take small steps forward to the new normal. We can move on.

For me, this Friday evening, I think I'll watch a chick flick!

Sharon Conway is a Mindfulness Teacher in the heart of Yorkshire. After a successful 20-year career in



capable of, all the while offering kindness and compassion towards yourself. It might not always go smoothly, we might stumble and fall, but that's okay, don't expect perfection.

So perhaps it's time to stop hoping we can revert back to our original plans, and it's time to start moving forward. Whether it means adapting our businesses, working in a new way, letting go of relationships, embracing new relationships, removing what is no

one of the world's largest companies and most recognisable brands, Sharon left the corporate world behind to dedicate herself to her passion for mindfulness and meditation. She now runs mind and body retreats in a beautiful Yorkshire castle, hosts group courses and works with businesses to support mental health and wellbeing initiatives.

"Mindfulness has taught me that my time is now".

On Finding Peace

It got me wondering about how to manage my connectivity with the wider world in a way that allows me space and time to connect with myself.

Fran Flint



The sounds of nature are preferable, so whenever you can, step out and find the birdsong that will be there, even if the sounds of the motorway try to drown them out.

I have a work laptop, a personal laptop, a tablet, a work mobile phone and a personal mobile phone, oh and an old fashioned landline phone that only two of my friends ever phone me on, plus the occasional scam artist trying to convince me that I've been in a car accident!

I have a fridge that makes rumbling sounds and which does a little shudder every now and then, a washing machine that frequently does a little shimmy across the kitchen floor, and a heating system that roars in to life to keep my environment at the optimum temperature.

I mention all these things because I was sitting on the floor the other day getting ready to meditate, facing the patio window that looks out in to the gently wintering garden, and I slowly became aware of all the little bings, bongs, swishes and musical interludes that punctuate my day because of all of these needy little beings that express the wish to be fed and noticed like hungry chicks.

It got me wondering about how to manage my connectivity with the wider world in a way that allows me space and time to connect with myself. I can get as hooked into the need to be contactable as anyone else, so I have been practicing mindful moments throughout my days to leave a little oasis of quiet where I can.

Well, when I say quiet, that is not so easy. What I have found is that where I can find some quietness I do, and where I can minimise interruptions I do, allowing me to accept the sounds that come my way as friendly and a reminder of the present world in which I live.

The Attitudes of "Letting Go" and "Acceptance" I feel are a little like siblings, rubbing along together and doing their best to impress upon us that the ability to accept that some things will leave us, and that some things will remain, is an opportunity to be reconciled to this moment.

Alongside these, building in "Gratitude" for some interruptions, whilst setting boundaries that allow us to rest and let go of the needs of the wider world, can help to bring newness to

the familiar, and freshness to our interactions.

If a sound interrupts, really listen to it, is there a rhythm? A familiar tune? Is it time to change the tune?

The sounds of nature are preferable, so whenever you can, step out and find the birdsong that will be there, even if the sounds of the motorway try to drown them out. (If all else fails, You Tube has a huge range of natural sounds that can fill your living room or bedroom with joy)

For those of us lucky enough to have a garden, or who live near open space, make time to step mindfully on to the earth and feel the firmness and strength of this beautiful planet below your feet.

As we begin this new year, having had a very difficult and trying last year, and in all the moments of our bingy bongy lives together, I wish you peace and opportunity to reconcile with the noisy, interrupting world around you, and encourage you to treasure the sounds that you hear, the vibrations that you feel and the sights that distract.

Being alive is noisy and messy, and the search for peace is a worthy one.

I returned to meditation and mindfulness in the early 2000's after I experienced a few family losses, and found the quiet of meditation to be of great comfort. In 2015 I attended the Mindfulness Now course at CEC and it has become such an important part of both my personal and professional life. I have worked in the field of mental health and wellbeing for over 30 years, and now enjoy sharing mindfulness as a bedrock for people dealing with the instability of life.

My teaching practice is open to anyone who would like to share those precious moments that add to the joy of living for this moment.

You can contact Fran on 07896 327 315 or f.flint@btopenworld.com

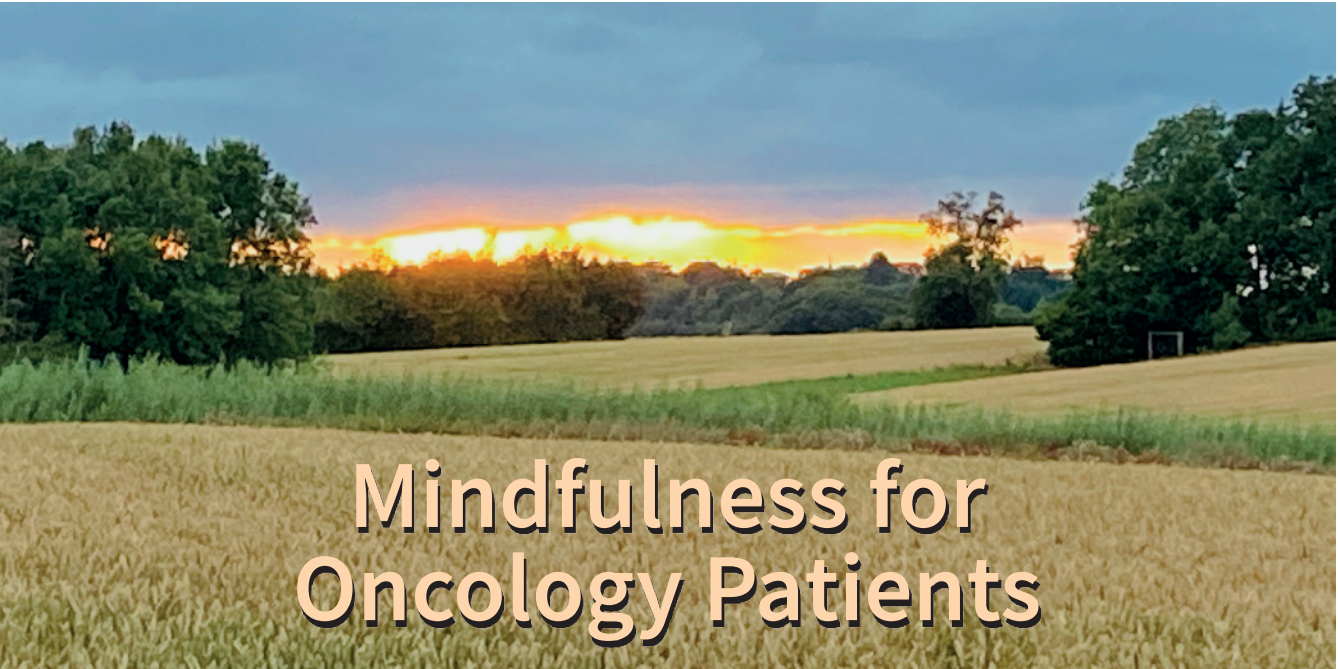
A Meditation on Stress Response

This is from you, to your own personal stress monitor
To begin with, I invite you to meditate on the words:

*I am grateful for my inner alertness
I love that part of me for taking care of my wellbeing
I recognise that at times I have been on high alert
I now invite myself to relax
I trust that I will recognise true danger
I now combine all my senses to keep me safe when necessary
And keep me calm when there is no need to worry
In the knowledge of Wellbeing and the Peace of Wellness
I invite my alert self to stand down and relax
I trust myself, and I invite my inner self to trust me
That when true need for action arises
I will respond to the call
For now, together with all of my senses
I choose to relax....rest.....heal and breath
Breathing in peace
Breathing out harmony
Meditating now on my natural pattern of breath Knowing
that all is well
I am relaxed, looking after myself
I am grateful, I am here and now, and safe*



poem reproduced with kind permission from Frances A. Flint, Footfall.



Mindfulness for Oncology Patients

Online sessions have been a blessing to many, who would not have been able to attend face to face, due to isolating after treatment, irrespective of Covid-19.

Sarah Giordano



I felt the design and delivery of the sessions required a sensitive approach to account for the deeper vulnerability of members, coupled with heightened emotions resulting from lockdown.

Mindfulness is gaining credibility for use with oncology patients, with benefits of reducing associated stress, increasing coping strategies and enhancing health outcomes (Mehta et al, 2019).

During lockdown, I was contacted by my local Breast Cancer charity, Breast Friends Northamptonshire, to provide weekly drop-in, online mindfulness sessions to their members, as part of a wellbeing programme supporting their mental and physical health.

I felt the design and delivery of the sessions required a sensitive approach to account for the deeper vulnerability of members, coupled with heightened emotions resulting from lockdown. To fully support the members and to uphold ethical standards as a practitioner, we arranged for a trustee member of the

charity to be present in the sessions and to follow up with individuals who may require additional mental health support.

Session highlights

Throughout the sessions, certain themes were particularly relevant.

- Relaxation; many expressed constant feelings of anxiety relating to their diagnosis, which spread to wider aspects of their life. We focussed on feeling the delicious sensations of calm that mindfulness can bring.
- Self-Compassion and kindness; giving individuals permission to acknowledge the full spectrum of their emotions with no judgement and to feel compassion for all they had been through.
- Resilience; to realise the incredible strength that they already had and to feel the resilience that remains within them.
- Pain; many experienced ongoing pain as a result of their treatments and the sessions introduced mindfulness

practice to help manage pain.

- Mindfulness attitudes; whilst many explained that since their diagnosis they had naturally embraced attitudes such as a 'Beginners Mind', appreciating little things in life like waking up to the sunrise each morning, other attitudes were more challenging, such as 'Trust'. Trust in their body had faded after their diagnosis along with appreciation of their body, so we focussed on re-discovering their mindful body connection. Waiting for results and taking time to heal was also a source of emotional discomfort, so we spent time exploring them mindful attitude of 'Patience'.

Practitioner insights

As a practitioner, I have found the sessions to be both insightful and rewarding. Online sessions have been a blessing to many, who would not have been able to attend face to face, due to isolating after treatment, irrespective of Covid-19. There were certainly more tears during these sessions, than I have experienced before in group mindfulness settings. However, this had a healing atmosphere, highlighting that it is OK to lay out the welcome mat, to truly feel emotions and to begin the process of healing when ready.

These moving words from a regular attendee embody for me,

the transformative benefits that mindfulness practice can bring to those undergoing, or recovering from cancer treatment and as a practitioner to be able to see the beauty of this begin to unfold in those we teach:

"Instead of focussing on not dying, I am now focused on living."

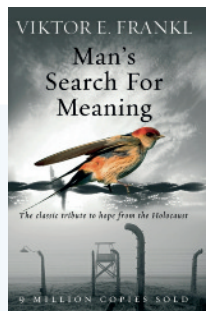
Sarah is a Chartered Occupational Psychologist and Mindfulness Now Teacher. As well as teaching mindfulness to adults, she also regularly teaches mindfulness in businesses and schools.



Book Review

Man's Search for Meaning – Viktor Frankl - The classic tribute to hope from the Holocaust.

Book Review by Matthew Sweet



I have been fortunate enough to have this book as part of my reading list for University as it introduces logotherapy. However, what this work does is to frame an era where hope, and lack of it, becomes a contemplative point which has provoked changes to my practice. I was moved by how the original manuscript became an object whereupon meaning was placed upon surviving the bleakest of days when not even basic physiological needs were met. To have trusted the awareness of self well enough in these dire circumstances must have been challenging. I like how this frames the roles Capos played whereupon non

judgement helped to support different thinking in the here and now.

There is mention of loss, and grief in how people were murdered during his incarceration that also draws on better acknowledging acceptance, and working with, and against it. Likewise, I am also thankful to have read this work as it has opened my eyes to letting go to what is insignificant in each day by being aware of freedom in our current world. In fact, this work, and his teachings it has become easier to grasp how to not judge the day as harshly.

Mask Meditation!

On one of our recent Monday evening Mindfulness sessions Ania Turner led us in a Mask Meditation which people found really beneficial.

It was certainly a different kind of experience seeing everyone in their Zoom box with their masks on. Thanks Ania!



Continuing Professional Development (CPD) 2021

Mindfulness teachers and therapists are required to maintain their Continuing Professional Development (CPD) to uphold professional learning standards and to meet the requirements of whichever professional association they belong to. Normally this is a minimum of 14 hours, or two days of CPD during each twelve month period. The list below shows CPD and other training events currently scheduled for 2021, but new events are being added all the time, so please check the relevant websites regularly.

During the Covid crisis all CPD Training will be safely conducted in real-time guided, interactive format via Zoom.

Please note individual booking information for each event.

The attendance fee for all CPD is £130 for students and graduates of Mindfulness Now / CEC, and £160 to all others

Saturday 20th February 2021

Rebecca Semmens-Wheeler

The Learning Pathway – Deepening Perspectives in Mindfulness Teaching

Valuable developmental learning for all mindfulness teachers, this practical workshop explores scientific research into mindfulness, as well as the skills of inquiry, successfully guiding practice, and exploring what, as teachers, we bring to the teaching, especially in presence, embodiment and managing challenges. The course also provides an

integration for bringing your own unique strengths and qualities into your teaching, as well as an exploration of how we can employ both the being and doing modes of mind into our teaching practice.

Bookings should be made on 0121 444 1110 or info@mindfulnessnow.org.uk

Saturday 13th March 2021

Tony O'Shea-Poon

Mindfulness and Buddhism: Lessons from Plum Village

Students of mindfulness today are often intrigued by its Buddhist roots and enthusiastic to learn more. As mindfulness teachers, we can greatly enhance our teaching and enrich the experience of our participants by learning more about Buddhist practices that still hold so much relevance for us today.

This practice day will look at what the Buddha taught on mindfulness and the relevance of the teachings today. Mostly, we will practice mindfulness in the Plum Village tradition, as taught by Buddhist Zen Master, Thich Nhat

Hanh. We will enjoy mindful movement, mindful walking, mindful eating, deep relaxation, the sound of the bell and the contemplations of looking deeply, touching the earth and inter-being.

Participants will experience a deeper connection with the roots of mindfulness and have greater confidence to bring some of this to their teaching practice.

Bookings should be made at <https://mindful.me.uk/classes-and-courses/>

Saturday 27th March 2021

Rachel Ashcroft

Mindfulness with Teenagers and Young Adults

With mental health problems on the rise, it is said that around half of all lifetime mental health problems start by the mid-teens and three-quarters by the mid-twenties, according to documentation published by Public Health England, 2019.

The Mindfulness with Teenagers and Young Adults CPD addresses the current mental health crisis, potential triggers and risk factors to be aware of and ways in which we, as mindfulness teachers, can best support them through some of their most turbulent years. The day will involve lots of practical mindfulness activities that have been shown to be highly effective within this age range.

This CPD is delivered by mindfulness trainer, experienced former school teacher and mindfulness facilitator at Birmingham City University, Rachel Ashcroft.

Booking should be made at <https://mindfulnessnowmanchester.org.uk/product/mindfulness-with-teenagers-27mar2021>.

Saturday 17th April 2021

Geraldine Lee-Treweek

Coercive and Controlling Behaviour

This workshop-style approach CPD event aims to enable you to describe the main ways coercive control is exhibited; outline what is known so far from research and practice, about perpetrators and victims; understand the way coercive control may impact on victims and how they might describe and explain their abuse; think about and action plan ways you could help clients attending with coercive control matters; understand the way coercive control in the past might influence a client's problems now and in the future and how you can support them; understand your responsibilities in relation to coercive or controlling behaviour and how to signpost appropriately to further specialised help and support.

You will be helped to examine and reflect upon your own attitudes to coercive control, where these come from and how they might influence your responses.

Bookings should be made on 0121 444 1110 or info@cecch.com

Saturday 8th May 2021

Sharon Conway

Mindfulness and Mental Health - Integrating Mental Health Awareness and Mindfulness

This course will enable participants to understand factors that affect mental health and feel more confident about starting mental health conversations. It explores the relationship between mindfulness and mental health and how to look after ourselves. It will equip participants to support someone in distress or who may be experiencing a mental health issue with MHFA England Mental Health Aware. Looking after your own mental health and maintaining wellbeing is essential part of teaching and leading others. This course will explore mindfulness for healthy minds and participants will develop their own self care plan.

Bookings should be made by contacting Sharon on 07720 426073 or sharon@wellbeingmind.co.uk

Saturday 22nd May 2021

Aston Colley

Mindfulness Yoga Workshop

A development day for all mindfulness and yoga practitioners, exploring mindfulness of breath and body movement. The day, a mix of theory and practice, specific guidance and choreographed practice to teach, with a script to teach from. A look at modifications and an opportunity to practice with others on the course. The day aims to provide mindfulness practitioners with tools to further their own practice. It is hoped that by gaining a deeper insight into the process of self-enquiry through gentle movement and meditation participants will, after practice, be able to impart/teach some of these insights to their students.

Bookings should be made by contacting Aston on 01386 870893 or aston@unwind.uk.com

Saturday 3rd July 2021

Rachel Broomfield and Madeleine Agnew

Working with Children and presenting 'The Mindful Child Programme'

To meet ever increasing demand for children's wellbeing programmes, including mindfulness, this one-day CPD event will focus on broadening the skills and techniques you have in your 'working with children' toolbox. This course will build upon some of the practical activities shared on the Mindfulness Now course and will bring together practical, fun ideas and child friendly meditations that you can use on an ad-hoc basis or as part of our structured six week programme, The Mindful Child. Both Rachel and Madeleine have wide experience of working with children and presenting to adults and this workshop is open to all qualified mindfulness teachers.

Bookings should be made on 0121 444 1110 or info@mindfulnessnow.org.uk