

Come and Join us to Explore

THE PRESENT

For Adults Online Training

The Present is a new style of eight-week course to introduce mindfulness and well-being to adults. The course focuses on encouraging friendly, mindful awareness towards experience in the midst of busy lives. The programme supports exploration, discovery and friendly awareness of how things are for each person in their life, introducing how a variety of mindfulness practices can be chosen to support well-being. It perhaps has particular relevance and application for people in our new social distancing lives.

If you have a strong personal mindfulness practice and would like to offer this style of mindfulness learning to others, this course could be for you. *You will need to have completed a Level 1 teaching mindfulness to adults training and have some experience of teaching adults, preferably, to attend.*

Format: *7 x 1.25 hours' experiential sessions weekly, followed by 2 x 2.5 hours' sessions to explore delivery of the programme.*

Timings: *Beginning early June, 2020. Time either 8.30- 9.45, early evening or Saturday mornings as possible for applicants.*

Cost: *£250 per person*

For more details and an application form please contact

Sarah Silvertown

sc.silvertown150@gmail.com or

sarah@thepresentcourses.org

www.sarahsilvertownmindfulness.co.uk

www.thepresentcourses.org