

## Relational Mindfulness: Cultivating a core competency in mindfulness - based teaching

### Who is this for?

Suitable for mindfulness teachers

Mindfulness-based approaches are fundamentally relational. The core curriculum of each session: guided meditation practices, didactic elements, poetry, and the enquiry process are all framed within dialogic encounters between the teacher/ group and teacher/individual participants.

McCowan et al (2010) describe this learning environment as 'co-creational' and Santorelli (1999) as a '*crucible for mutual transformation.*'

**Led by:** Rosalie Does

**Date:** 4<sup>th</sup> October 2019

**Time:** 9.30-4.30pm

**Venue:** Sussex Education Centre, Nevill Avenue, Hove  
BN3 7HY

**Cost:** £110.00

Funded for Trust Approved Mindfulness Teachers

Certificate of attendance will be emailed after the event.

### Book tickets via Eventbrite:

<https://relational-mindfulness-011019.eventbrite.co.uk>

Password: Relational123

**\*Please note:** Tea and coffee are provided, but lunch will not be provided

In this one-day workshop, based on the meditative practice of Insight Dialogue (ID) participants will have an opportunity to focus on relationality in and of itself. This is an invaluable opportunity for teachers to enhance, and refine, their interpersonal skills through learning six ID relational meditation guidelines. These guidelines have been specifically developed by Insight meditation teacher Gregory Kramer, to support people in cultivating their capacity for mindful presence in relationship.

Meditating together in dyads and small groups, participants will undertake formal, guided relational meditation practices with content focused on an exploration of 'The Person of The Mindfulness Teacher' [McCowan et al (2010)]. In this way, participants will both enquire deeply into their personal journey of becoming a mindfulness teacher: their intentions, motivations, and aspirations, while strengthening their ability to attune to one another; recognise their capacity for empathy; deepen their listening skills; and cultivate moment-to-moment awareness while in relationship.

### Bio:

Rosalie Does M.A is a mindfulness teacher, supervisor and trainer. She is an associate teacher at Bangor University and regularly offers teacher training in Europe. She has been an Insight Dialogue teacher in training with Gregory Kramer, since 2006 and regularly teaches Interpersonal Mindfulness courses and workshops in London and throughout the UK. She has had a meditative practice since 1992.

