



## Mindful Movement Practice Masterclass

### Who is this for?

Suitable for mindfulness teachers and those training to be mindfulness teachers

This programme is designed for those who are teaching Mindfulness-Based courses.

Mindful Movement is a fundamental part of mindfulness teaching, offering ways to make deeper contact with the body and to bring us more fully into the present moment. Emotional patterns often show up in the body before the mind notices them and working with the body in movement can open the way to greater choice and freedom.

However, many teachers have reservations and doubts about teaching movement: eg 'I am not a yoga practitioner or teacher, I'm not sure what I'm doing or what is safe. Why do we teach movement anyway?' The workshop will be a space to explore these and many other questions. We will investigate various forms of movement, yoga based, chi kung based walking and also more simple stretches. We will also practise teaching movement in small groups with an opportunity to give and receive feedback.

This programme is designed for those who are teaching Mindfulness-Based courses. The emphasis will be on deepening understanding of personal mindful movement practice through experience and exploration in a way that encourages curiosity and further integration with other mindfulness practices.

**Led by:** Taravajra

**Date:** 15<sup>th</sup> November 2019

**Time:** 9.30-4.30pm

**Venue:** Lecture Theatre, 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 place via Eventbrite:

[https://mindful\\_movement\\_151119.eventbrite.co.uk](https://mindful_movement_151119.eventbrite.co.uk)

**Password:** Movement123

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

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### Participants will have an opportunity to:

- Experience movement practices and inquiry.
- Understand their place in the 8 week programme and become familiar with the ways that mindful movement can offer a range of core learning in mindfulness programmes.
- Develop greater understanding and confidence in how these practices can be delivered skilfully and safely.

### Bio:

Taravajra has taught MBCT in Sussex since 2005 to community groups, carers, teachers and NHS staff groups. He is one of the main trainers on the Foundation training for the Sussex Mindfulness centre. His interest in movement was initially through tai chi, Alexander Technique and karate. After training with the British Wheel of Yoga, he taught yoga for several years. He has also had a long term practice of aikido and has trained as a Focusing practitioner.