

2.2-MN-Web	Mindfulness Now Group Course Autumn 2023 in Gullane, East Lothian Background Information	2023
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Please find below some background information regarding this course:

- 1) This Mindfulness course is based on Eight Weekly Sessions, starting on:
 - ❖ Thursday, 12th October 2023.
- 2) Each session is around two hours, running from 10.30 a.m. to 12.30 p.m.
- 3) As with all mindfulness courses, this is an experiential course; our mindfulness develops with regular (daily) practice between sessions. It is a form of what we can call Heart-Mind-Training, that is brought about by
 - ✿ Reflective and Awareness Building (Practices) that allow us to become Mindfully Present¹.

To keep physically fit, we need to keep up with regular exercise – preferably daily. The same applies to Mind-Heart Training; our skills develop with regular practice. “No Practice, No Skill Development.”

In practising daily, we exercise our “Heart-Mind Neural Circuits” and water our inner seeds of kindness and compassion for both ourselves and others.

This daily practice is greatly facilitated with a Mindfulness Diary / Journal.

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- 4) Venue: Gullane, East Lothian.
- 5) Numbers are limited, so please apply early.
 - ❖ A place is secured following a one to one pre-course orientation / mutual assessment with Ian Ross
- 6) Cost of course: £ 90 for the 8 week course²; this includes the one to one mutual assessment and a follow up Consolidation of Practice Session (9) several weeks after session 8, that is best seen as an integral part of the course as a whole.

For Further Information, please contact Ian Ross by email:

ross425@btinternet.com

Thank You

¹ Thanks to Ruth Sewell and Chris Bowden respectively for these two lovely phrases.

² Please note: I have a sliding scale depending on means, so that no one is excluded for reasons of cost.