



Please find below some background information regarding these group courses

- 1) These Mindfulness courses are based on Nine Sessions.
 - ❖ The first eight of these are at weekly intervals.
 - ❖ The ninth Session being several weeks after Session 8, and can best be seen as a consolidation of practice session.
- 2) Each session is around two hours.
- 3) As with all mindfulness courses, this is an experiential course; our mindfulness develops with regular (daily) practice between sessions¹. 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 Present”².

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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- 1) Venue: Gullane, East Lothian.
- 2) Numbers are limited, so please apply early.
 - ❖ A place is secured following a one to one pre-course orientation meeting / mutual assessment with Ian Ross.
- 3) Cost of course: £ 100 for the 9 Sessions³; this includes the one to one pre-course orientation session mutual assessment that is best seen as integral with the course as a whole.

For further details, please contact Ian Ross by email:

ross425@btinternet.com

Thank You

The next group course is scheduled to start in October 2024

¹ In this way it can be equated with keeping physically fit.

² Thanks to Ruth Sewell and Chris Bowden respectively for these two lovely phrases.

³ Please note: I have a sliding scale depending on means, so that no one is excluded for reasons of cost.

Ian Ross is a Mindfulness Now Teacher.

He is also an Autogenic Psychotherapist who has been teaching Autogenic Therapy since 1994. Having retired from General Practice in 2005, he continued to teach Autogenic Therapy at his old surgery in Leith until 2018. See also: www.atdynamics.co.uk