

## OUR MINDFULNESS TRAINING

At the Mindfulness Association we offer four levels of Mindfulness training:

**LEVEL 1 – BEING PRESENT** - This is the entry point to our Mindfulness training pathway and introduces the core Mindfulness practices, while moving towards cultivating kindness. It is also the prerequisite for entering our Mindfulness teacher training pathway. It takes place over 4 weekends over 9 months.

**LEVEL 2 – RESPONDING WITH COMPASSION** – This course follows on from the Level 1 training and develops our Mindfulness practice by cultivating an attitude of Compassion to ourselves and others. It takes place over 3 weekends, or 1 weekend and a 5 day retreat, over a 6 months.

**LEVEL 3 – SEEING DEEPLY** – This course follows on from the Level 2 training and further develops our Mindfulness practice by supporting an exploration of the unseen habitual patterns of thought and behavior that drive us. It takes place over 3 weekends, or 1 weekend and a 5 day retreat, over 6 months.

**LEVEL 4 – MINDFULNESS FOR LIFE** – This course follows on from the Level 3 training and is designed to support Mindfulness practitioners in their ongoing practice, year by year, through the delivery of an annual 5 day retreat.



WE BELIEVE  
THAT MINDFULNESS  
IS A LIFE LONG JOURNEY

We provide long-term training and  
ongoing support for our community  
of Mindfulness practitioners

## ABOUT OUR TRAINING

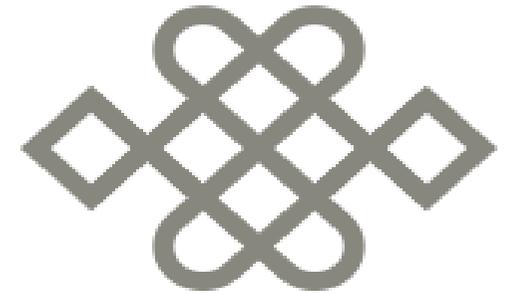
Our training is based on the work of Rob Nairn. Rob Nairn is one of the world pioneers in presenting meditation training in a way that is accessible to the Western mind. He was asked to teach meditation by the Dalai Lama. His experience of over forty years of teaching meditation to Westerners has enabled him to develop a unique secular training in mindfulness, which takes us on a step by step journey into a deepening experience of being present and accepting ourselves as we are.

## ABOUT MINDFULNESS

Mindfulness is an innate capacity of the mind to be aware of the present moment in a non-judgmental way. It can be developed through systematic training and promotes a way of being that helps us take better care of ourselves and others, and lead healthier lives. It enables us to access inner resources for coping effectively with stress, difficulty and illness. The Mindfulness trainings this we offer are entirely secular.

## OUR TRAINERS

Our trainers meet the UK Good Practice Guidelines for Mindfulness Teachers and are all long term committed Mindfulness meditation practitioners. In addition to this they are all trained in Compassion and so are equipped to be sensitive to and respond skillfully to any personal challenges that may arise in your Mindfulness practice.



MINDFULNESS  
ASSOCIATION

Finding freedom in our minds to  
flourish in our lives



LEVEL 4 MINDFULNESS  
TRAINING

MINDFULNESS FOR LIFE

[www.mindfulnessassociation.net](http://www.mindfulnessassociation.net)

## ABOUT THE MINDFULNESS ASSOCIATION

At the Mindfulness Association we recognise how Mindfulness frees us from the conditioning that governs and limits our lives. This results in the flourishing of our human potential to make choices about how we live in connection with ourselves and our world. Emphasis is placed on experiential learning, and for this reason there are home practices between weekends that include regular compassion practice, daily life exercises and journal writing.

Our objectives are to offer high quality long term trainings in Mindfulness, which help people to establish a regular and effective mindfulness practice and which help people to bring mindfulness into all aspect of their daily lives.



## LEVEL 4 MINDFULNESS TRAINING – MINDFULNESS FOR LIFE

This training is designed for those who have completed our Level 1, 2 & 3 training or who have completed the first two years of the University of Aberdeen’s MSc in Studies in Mindfulness. It answers the question ‘What comes next in my Mindfulness training?’ and it is led by tutors with an depth experience in delivering the Level 3 training.

This training is a secular and experiential training, which is delivered through an annual 5 day retreat.



Mindfulness for life offers us the chance to form positive friendships and a mindfulness “sangha” to support and enhance our practice through developing regional groups and online meetings.

Being part of a group motivates us to practice, reminds us that we are not on our own in our journey and provides support when we hit challenges. The group gives us a felt sense of connection and common humanity in our lives and in our practice.

This course provides:

- A week of retreat, which enables us to have teachings, and discussions as well as periods of silence and the opportunity to immerse ourselves in practice.
- A series of online Level 4 teaching sessions throughout the year and leading up to the annual retreat.
- A wonderful forum for exchanging fresh ideas, insights and perspectives on Mindfulness.
- The structure provided by a practice schedule to help maintain a sense of direction.

Our approach for this course is based on the interconnected principles of Resting, Reflection and Enquiry.

**If you are a Mindfulness teacher, the Mindfulness for Life course will meet your CPD requirements for retreat, ongoing Mindfulness practice development and learning and maintaining connections and sharing with other practitioners and teachers.**



**For more information, please contact:**

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