

## Buddhist foundations of mindfulness

### A day of practice, teaching and discussion

### Who is this for?

This would be suitable for anyone involved in teaching, or training to teach, mindfulness; or anyone with a particular interest in the Buddhist underpinnings of mindfulness practice.

Even though many of us deliver entirely secular MBCT or MBSR programmes, many of the ideas in contemporary mindfulness-based programmes make more sense when we understand their origins and intentions.

Christina Feldman is one of the few people who can expertly make this bridge and we are delighted to welcome her back again to Brighton.



**Led by:** Christina Feldman

**Date:** 5<sup>th</sup> November 2021

**Time:** 9.30-4.30pm

**Venue:** Friends Meeting House, Ship Street, Brighton, BN1 1AF.

Or Online if Covid restrictions still in place.

**Cost:** £110.00

Funded for Trust Employed & Approved Mindfulness Teachers. (1 free Masterclass per year - £30 for any additional Masterclasses)  
£10 for MBCT in IAPT Trainees

**Request a booking form:**

[SMC@sussexpartnership.nhs.uk](mailto:SMC@sussexpartnership.nhs.uk)

### Bio: Christina Feldman

Christina is a co-founder of Gaia House. She has been leading Insight Meditation retreats worldwide since 1976. She is a Guiding Teacher of the Insight Meditation Society in Barre, Massachusetts. She is the author of a number of books including 'Woman Awake', 'Way of Meditation', and co-author of 'Soul Food'. Recent books include 'Silence', 'The Buddhist Path to Simplicity' and 'the Boundless Heart'. Christina is the co-founder of Bodhi College and she teaches on several modules on the MBCT postgraduate training at Exeter University. Her contribution focuses upon the Buddhist psychological foundations that underpin mindfulness based interventions. She is a contributing faculty teacher at Nijmegen University in the Netherlands; she leads retreats internationally and is involved in the dialogue between classical Buddhist teachings and their application today through mindfulness based interventions.