

Mindful Movement Practice:

A one-day SMC Masterclass for MBA teachers offering a space to explore mindful movement practice combined with inquiry.

Who is this for?

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

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

Led by: Taravajra

Date: 30th April 2021

Time: 9.30-4.30pm

Venue: Online Via Zoom

Cost: £110.00

Funded for Trust Approved Mindfulness Teachers (1 free Masterclass per year - £30 for any additional Masterclasses)

Request a booking form:

SMC@sussexpartnership.nhs.uk

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.

Taravajra (MA) has taught 8-week mindfulness courses in Sussex since 2005 with community groups, carers, teachers and NHS staff groups.

Since 2011 he has been one of the main trainers on the MBCT/MBSR Foundation training for the SMC based within Sussex Partnership NHS Trust.

His interest in movement was initially through tai ch'i, 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.

Taravajra has been part of the CMRP core training team at Bangor University since 2011 and has developed teacher training pathways (TTP) for the Mindfulness Network in Spain and Iceland.