

Foundations of Mindfulness: online retreat

This retreat will support a deepening of participants' mindfulness practice using the framework of the four Foundations of Mindfulness.

Who is this retreat for?

The retreat is aimed at mindfulness teachers in training but would also be suitable for qualified mindfulness teachers and in particular for those wanting to bridge contemplative wisdom traditions and secular practice and teaching. The retreat will enable mindfulness teachers who wish to be included on the BAMBA Register of Mindfulness Teachers to fulfil the requirement to attend an annual mindfulness retreat.

What is involved in the retreat ?

This online retreat will support a deepening of participants' mindfulness practice using the framework of the four Foundations of Mindfulness. Drawing on Buddhist conceptualisations of the nature of experience, suffering and the self, the retreat will offer a bridge into contemporary secular mindfulness practice, teaching and life. The retreat will use a traditional retreat structure which allows us to simplify our life in order to see more clearly how we relate to ourselves and the world, and to respond with kindness and compassion. There will be periods of teaching, guided and unguided practice, dialogue and unstructured time. The online format will be used to allow for an integration of practice into ordinary daily life.

What requirements are there to attend?

Completion of an 8-week MBSR/MBCT (or similar 8-week programme) and participation in at least a day of guided silent mindfulness practice. Please ensure you are able to attend the entire event. If this is not possible, please contact us to discuss before submitting an application.

How should I prepare?

We will offer a short orientation meeting a few weeks before the retreat to help you think about the optimal conditions to support you in the retreat. Ideally, you would have a room where you will not be disturbed, a good internet connection, a mat, cushions and a blanket. A zoom link will be sent nearer to the start date.

Led by: Kay Octigan and Robert Marx

Date: 27th September - 1st October 2021

Time: The retreat will start at 9am on 27th and finish by 1pm on the 1st October

Venue: Online Via Zoom

Cost: £250

Request an application form:
SMC@sussexpartnership.nhs.uk

T: 0300 304 2057

How do I apply?

1. Please complete the application form and send it to smc@sussexpartnership.nhs.uk. The purpose of this is to try to ensure that the retreat is likely to be beneficial for you. If we have any concerns about this, we will contact you.
2. On offering you a place we will issue an invoice for the full amount.
3. Your place is confirmed once we receive full payment.
4. We will email you the joining instructions in advance of the course.

Retreat leaders



Kay Octigan has practiced meditation and yoga for over thirty years and is a Research Therapist and MBCT Teacher, Trainer and Supervisor at the AcCEPT Clinic at the University of Exeter. Mindfulness training roles in recent years have included Programme Lead for the PG Dip MBCT&A training at Exeter, South West Site Lead for the National MBCT in IAPT Training Collaboration and a period leading the MBI-TAC Assessment Service for Oxford Mindfulness Centre. Kay is inspired by supporting practice post MBPs with staff and clinical groups, the use of poetry in teaching, increasing access to MBPs and how practice deepens connection with the natural world and wellbeing.



Robert Marx is co-lead for the Sussex Mindfulness Centre and lead for the MBCT in IAPT training centres collaboration. He is a clinical psychologist and psychotherapist and has been teaching mindfulness groups to patients and staff in the NHS for 15 years. He teaches Mindfulness-Based Cognitive Therapy (MBCT) and Mindful Self-Compassion (MSC). He has been practising Buddhist meditation for over 30 years, initially in the Theravadan tradition and then in the Tibetan tradition. He is passionate about building compassionate culture in organisations and about integrating relational and mindful approaches to work.

Cancellation Policy

You may withdraw your application up to two months prior to the event start date at which point you will be offered a full refund, minus £50 admin fee. If you cancel your place between less than two months before the event start date, no refund will be available. In the unlikely event that the event has to be cancelled by us, we will offer an alternative event or a refund. Our liability is limited to crediting only our event fees, and not any personal expenses you may have incurred.