

Hi All

Welcome to our **2018 Autumn Newsletter** collated to share with those interested in learning more about mindfulness and deepening their practice opportunities. We also include information about **Teacher Training** and **Retreats** to encourage all UK teachers to abide by **Good Practice Guidelines for teaching Mindfulness-based courses**.

Please feel free to circulate this Newsletter to any of your friends, family and colleagues.

2018 Autumn Edition	Lancashire Mindfulness CIC Newsletter
<p>FREE MINDFULNESS TASTER SESSION</p>  <p>No need to book just come along on the day</p>	<p>PRESTON - Saturday 4th May 2019 10:00 to 12:00 Studio 1, First Floor, The Mandala Yoga & Therapy Centre, 18 Derby Street, Preston, Lancashire. PR1 1DT FOR MORE INFORMATION CONTACT : admin@lancashiremindfulness.co.uk</p> <p>FREE EVENTS for you to find out more about mindfulness-based approaches and try some brief practices. Learn about the scientific evidence-base of mindfulness-based approaches and hear our volunteers talk about their own experiences of learning and using mindfulness.</p>
<p>Our next 8-week MBCT course with available places is: PRESTON Saturday 18th May to 6th July 2019. Mindfulness-based Cognitive Therapy course - (16 hours teaching, USB stick with all handouts and practices. trainee teacher and professional participant placements are available. MBCT trainee placements and professional participant placements available on request.</p>	
<p>ANNUAL Day of Guided Mindfulness Practice SUNDAY, 14th July 2019</p>	<p>The Day of Mindfulness can be accessed by those who have completed an 8-week mindfulness course or similar established meditation practice. FREE to those who have completed a Lancashire Mindfulness CIC 8-week course, £25 for all other participants, to book a place contact Lisa at lisa.graham@lancashiremindfulness.co.uk</p>
<p>2019 MBCT FOUNDATIONS TEACHER DEVELOPMENT PATHWAY</p> 	<p>EXPRESSIONS OF INTEREST AND FULL APPLICATION FORMS are now being accepted for our 2019 Mindfulness (MBCT) Teacher Training Foundations Course, our yearlong teacher training pathway (10 places available). For further information about our Foundations Training Pathway please contact lisa.graham@lancashiremindfulness.co.uk. This MBCT Course follows the Oxford Mindfulness Centre MBCT Training Guidelines for IAPT Services. Lancashire Mindfulness CIC is a member organisation of the UK Network for Mindfulness-based Teacher Training Organisations.</p>
 <p>Meditation is not about forcing the mind and emotions to stop...</p>  <p>Meditation is allowing the mind and emotions to express fully, without identifying with them and without judging them.</p> <p>✧ Allowing = Love ✧</p>  <p>"You have been criticizing yourself for years, and it hasn't worked."</p>  <p>I LOVE AND APPROVE OF MY SELF JUST THE WAY I AM!</p> <p>Try approving of yourself and see what happens."</p> <p>Sketches in Stillness.com ~ Louise L. Hay</p>	

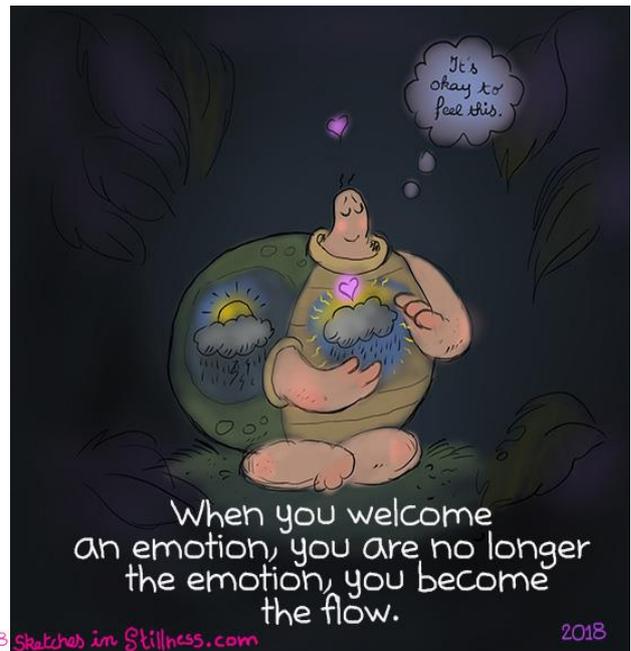
Yogi Frog noticed
that the river slipped
very gracefully and so peacefully,
because it went around
all the rocks,
FLOWING instead of **FORCING**.



Sketches in Stillness.com

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2018

Sketches in Stillness
A lovely animation,

[LINK](#)

See the 2019 Sketches in Stillness calendars



Hold the date...

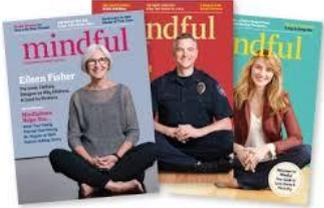
The next **UK Mindfulness Conference** will be 22nd to 26th March 2019 in Sussex.

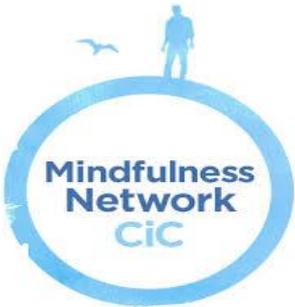
Mindfulness Initiative

Congratulations to the team at the Mindfulness Initiative for becoming a registered charity.
The preparation is also well underway for another All Party Parliamentary Group meeting, this time looking at Defence, Policing and Emergency Services, 25th October 2018.

**Mindful Education
OMC**

For all those interested in mindfulness in schools:- Publication from the MYRIAD Trial [LINK](#)
Lessons from Rita aged 87 years [LINK](#), lovely piece from Liz Lord, MYRIAD Trial.
Developing a "to be" list rather than a "to do" list... [LINK](#)

<p>Becca Crane & Alison Evans</p>	<p>New blog: Equality, diversity and inclusion in the mindfulness-based field LINK</p>
<p>Centre for Healthy Minds</p>	<p>Some great one minute practices designed for kids but great for adults too... 3-2-1 Awareness practice LINK Slow mo catch LINK Body movements LINK Tracing fingers LINK</p> <p>Meditation effects brain networks differently in long term meditators LINK</p>
<p>Mindful Magazine</p>  <p>mindful MINDFUL.ORG</p>	<p>A guided walking meditation for the fall/Autumn by Jon Kabat-Zinn LINK A meditation to focus attention LINK A meditation for easing into sleep LINK Mindful snacking with Susan Albers LINK How to keep your brain fit as you get older LINK Cultivating resources for resilience – HEAL practice LINK A mindful approach to failure LINK A meditation to recharge your mind LINK Remarkable brains of long term meditators LINK Calming the rush of panic in your body LINK Mindful movement to beat the afternoon slump LINK Breathing compassion in and out with Kristin Neff LINK Can your smartphone make you more mindful? LINK An inquiring practice to notice the body by Jon Kabat-Zinn LINK</p>
<p>Greater Good: Berkley</p>  <p>Greater Good Science Center</p>	<p>How tuning into your body can make you more resilient LINK The myths of mindfulness LINK How to let go of an old regret LINK How to gain freedom from your thoughts LINK Five habits of highly mindful people LINK Getting some perspective LINK</p>
<p>Am I Hungry?</p>	<p>Tips for emotional eating LINK</p>
<p>The Mindfulness Circle</p>	<p>Lost in oblivion, the exploration of adverse meditation experiences LINK</p>
<p>BeMindfulOnline.com</p>  <p>Mental Health Foundation</p>  <p>Be Mindful Online Mindfulness Course</p>	<p>Waiting for an 8-week course or uncertain whether a mindfulness-based approach will be helpful. Why not try the Mental Health Foundation Online Mindfulness course? Includes 10 interactive sessions delivered by Ed Halliwell and Tessa Watt, includes five mindfulness audio meditation downloads and costs only £30. Mobile and tablet ready.</p> 
<p>Mental Elf</p>	<p>LINK to articles on Mindfulness research Thanks Steve xx</p>
<p>Get Self-Help</p>	<p>LINKS to Mindfulness handouts</p>
<p>PSYCHOLOGY TOOLS</p>	<p>LINKS to Mindfulness handouts</p>
	<p>365 Days of compassion LINK</p>

Action for Happiness	Optimistic October calendar LINK
 <p>QUOTES</p>	<p>When we give cheerfully and accept gratefully everyone is blessed – Maya Angelou.</p> <p>There is force in the universe, which, if we permit it, will flow through us and produce miraculous results - Mahatma Gandhi –</p> <p>There is a Power within that knows beyond our knowings; we are greater than our thoughts, And sometimes earth unveils that vision here. To live, to love are signs of infinite things - Sri Aurobindo -</p>
Mindfulness Retreats	
 <p>Supervision and Retreats with the Mindfulness Network CIC</p>	<p>The Mindfulness Network CIC launched their SUPERVISION website (www.mindfulness-supervision.org.uk) earlier this year and are pleased to announce the launch of our new RETREATS website, which is dedicated exclusively to mindfulness retreats (www.mindfulness-secular-retreats.org.uk). This new website is a one-stop shop where you can learn more about mindfulness retreats in mainstream (i.e. secular) contexts and apply directly online. It is a tangible expression of our <u>vision</u> to ensure that mindfulness teachers, trainees and the general public have access to high-quality retreats. The first blog for the website has been written by Bridgette O'Neill, who describes what her first year as Retreat Lead as well as her intentions for current and future retreat provision. You can also read blogs about supervision and personal practice mentoring on their <u>supervision website</u>.</p>
Holy Isle Retreats	http://www.holyisle.org/courses/ , enjoy Sara xx
Yoga & Meditation Centre, Dent, Cumbria	http://www.meditationcentre.co.uk/calendar/
Manjushri Kadampa Meditation Centre	http://manjushri.org/ Conishead Priory, Ulverston, Cumbria LA12 9QQ
Gaia House	LINK
10 Reasons a Meditation Retreat is like Rock Music LINK	
Mindfulness Research	
	<p>Mindfulness in people who have depression and cardiovascular disorder LINK an important development for those with an interest in working with long term health conditions.</p> <p>An evaluation of mindfulness in pregnancy LINK</p> <p>Neuroscience News: The real you is a myth LINK</p>

"When you complain you make yourself into a victim."

Complaining is adding a rock on top of the situation



Leave the situation,
Change the situation or accept it.
All else is MADNESS."

~ Eckhart Tolle



Sketches in Stillness.com



Francis © 2015

Thanks to The Mindfulness Initiative, The Oxford Mindfulness Centre and other MBI colleagues for their contributions to the Newsletter.

If you do not wish to receive these Newsletters please contact our Office Administrator at admin@lancashiremindfulness.co.uk