

Hi All

Welcome to our **2018 Winter 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**. We encourage all trainees and teachers to view the **Mindfulness-based Cognitive Therapy UK Implementation Guidelines**, a result of the ground breaking **ASPIRE Study** and an amazing contribution to the mindfulness world. **Please feel free to circulate this Newsletter to any of your friends, family and colleagues.**

2018 Winter Edition	Lancashire Mindfulness CIC Newsletter	
<p><b>FREE MINDFULNESS TASTER SESSIONS</b></p>  <p><b>No need to book just come along on the day</b></p>	<p><b>PRESTON - Saturday 13<sup>th</sup> January &amp; 28<sup>th</sup> April 2018 11:00 to 13:00</b>            Studio 1, First Floor, The Mandala Yoga &amp; Therapy Centre, 18 Derby Street, Preston, Lancashire. PR1 1DT</p> <p><b>ST. ANNES - Friday 27<sup>th</sup> April 2017, 14:00 to 16:00</b>            Richmond House Holistic Rooms, St Annes on Sea, Lancashire. FY8 1PE</p> <p><b>FOR MORE INFORMATION CONTACT : <a href="mailto:admin@lancashiremindfulness.co.uk">admin@lancashiremindfulness.co.uk</a></b></p> <p><b>FREE EVENTS</b> 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><b>Next 8-week MBCT courses with available places are:</b></p> <p style="text-align: center;"><b>PRESTON Saturday 20<sup>th</sup> January to 31<sup>st</sup> March 2018</b> (1 place available due to cancellation)</p> <p style="text-align: center;"><b>PRESTON Saturday 5<sup>th</sup> May to 30<sup>th</sup> June 2018</b></p> <p style="text-align: center;"><b>ST ANNES Friday 4<sup>th</sup> May to 29<sup>th</sup> June 2018</b></p> <p>Mindfulness-based Cognitive Therapy course - (16 hours teaching, USB stick with all handouts and practices £160. Both courses taught by Lisa Graham, trainee teacher placements are available.</p>		
<p><b>Day of Guided Mindfulness Practice SUNDAY</b>  <b>15<sup>th</sup> April &amp; 8<sup>th</sup> July,</b></p>	<p>The Day of Mindfulness can be accessed by those who have completed an 8-week mindfulness course or similar established meditation practice. £25, to book a place contact Lisa at <a href="mailto:lisa.graham@lancashiremindfulness.co.uk">lisa.graham@lancashiremindfulness.co.uk</a></p>	
<p><b>2018 MBCT FOUNDATIONS TEACHER DEVELOPMENT PATHWAY</b>  <b>TDC 1</b></p> 	<p>We have completed our <b>recruitment</b> for our <b>2018 Mindfulness (MBCT) Teacher Training Foundations Course</b>, our year long teacher training pathway. For further information about our Foundations Training Pathway please contact Lisa: <a href="mailto:lisa.graham@lancashiremindfulness.co.uk">lisa.graham@lancashiremindfulness.co.uk</a>. This MBCT Course follows the <b>Oxford Mindfulness Centre MBCT Training Guidelines for IAPT Services</b>. Lancashire Mindfulness CIC is a member organisation of the <b>UK Network for Mindfulness-based Teacher Training Organisations</b>.</p>	
<p><b>ADVANCING MINDFULNESS-BASED TEACHING:</b>  <b>TDC Level 2 Non-Residential Teacher Training (6 Fridays)</b>            A curriculum based on advancing teaching through shared group practices and reflection to build on your current teaching skills and learn from others.</p> <p><b>Commencing 7<sup>th</sup> September 2018. Cost of TDC2 £550</b>            Discounts for teachers who assist on TDC 1 Foundations.</p>		<p><b>ADVANCING MINDFULNESS-BASED TEACHING: Level 2 Non-Residential</b></p> 
<p><b>Sign up for the NW Mindfulness SIG</b></p> 	<p>Over <b>60</b> members across the North West have signed up to join the <b>Mindfulness Special Interest Group</b> supported by the <b>Psychological Professions Network (PPN) and Health Education North West</b>.</p> <p>To join up complete this survey below  <a href="https://www.surveymonkey.co.uk/r/KJYCZXS">https://www.surveymonkey.co.uk/r/KJYCZXS</a></p> <p>Our <b>North West Mindfulness Special Interest Group (SIG) meeting</b> was well attended by local mindfulness teachers and local teacher training organisations on 14<sup>th</sup> July 2017. We hope to host future events in 2018.</p>	



We are pleased to announce we have taken on our first paid worker for Lancashire Mindfulness CIC. Denise Wilkin will begin as our Office Administrator in the New Year.

**STILL YOU**

An 8-week Breathworks Mindfulness for Health course taught by Paddy Rafferty, beginning in February 2018 in Manchester (see attached poster).

**Sharing Practice**

Monthly mindfulness practice at Galloway's in Penwortham in Preston. Second Saturday of the month 13<sup>th</sup> January, 2:00 to 4:15pm (see attached poster)

**Mindfulness Retreats**

**Supervision and Retreats with the Mindfulness Network CIC**



The Mindfulness Network CIC launched their SUPERVISION website ([www.mindfulness-supervision.org.uk](http://www.mindfulness-supervision.org.uk)) a few months ago and are really pleased to announce **the launch of our new RETREATS website**, which is dedicated exclusively to mindfulness retreats ([www.mindfulness-secular-retreats.org.uk](http://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 vision 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 our Retreat Lead has been like as well as her intentions for our current and future retreat provision. You can also read blogs about supervision and personal practice mentoring on our supervision website.

Upcoming mindfulness retreats, [Level 1 - The Foundations of Mindfulness](#), which might be of interest to your mindfulness-based trainees and graduates. This five-day, residential retreat will be facilitated by senior retreat leaders, [Jenny Wilks](#) and [Bridgette O'Neill](#), and will take place at Sharpham House in Totnes, Devon, from 26-30 April 2018.

**Holy Isle Retreats**

<http://www.holyisle.org/courses/> , enjoy Sara xx

**OM Yoga**

A FREE Guide to Yoga Retreats in 2018 [LINK](#)

**Yoga Retreats in the UK**

A lovely range of yoga retreats in the UK [LINK](#)

**Mindfulness Research**

**ASPIRE Project**



An implementation guidance website has been developed using the findings from the [ASPIRE project](#). The ASPIRE project looked at the accessibility and implementation in the UK services of an effective depression relapse prevention programme: Mindfulness-based Cognitive Therapy (MBCT)

This guidance aims to help translate the interest in MBCT into improving access to high quality MBCT. It is a set of resources to guide people who are involved in making MBCT available in the NHS and in closing the implementation gap.

**Watch this short film from successful implementers at Sussex University/ NHS**

[www.implementing-mbct.com](http://www.implementing-mbct.com)  
[LINK](#)

Mind the Hype: A critical evaluation and prescriptive agenda for research on mindfulness and meditation [LINK](#)

The State of Mindfulness Science: What we know and what we don't.. [LINK](#)

Home practice in MBCT and MBSR: A systematic review and meta-analysis [LINK](#)

A systematic review and meta-analysis of the effects of meditation on empathy, compassion and pro social behaviour [LINK](#)



[AMRA](#)  
Research news [LINK](#)

### Mindfulness Training

#### Mentoring Mindfulness Trainees and new teachers

Bangor offered a wonderful training experience last June with Bridgett O'Neal and Trish Bartley. It really helped me to differentiate between supervision and mentoring. There is another similar event next June [LINK](#)

### Other Information



#### [Mindful Living Show Video](#)

In 2018, we launch a brand new Mindful Living Show, bringing more mindfulness and meditation to the North West, on 2nd-3rd February 2018. The Manchester based event will bring you the opportunity to join others in contemplation of the year ahead, leading visitors through scientific evidence, practical meditation techniques, thought provoking talks and inspiring interactive features.

The ticket price (£37.50) includes free access to a unique programme of seminars, practice sessions and workshops from over 70 experts including **James Baraz** (live from Spirit Rock), **Vidymala Burch** (Breathworks), **Richard Burnett** (Mindfulness in Schools Project), **Annabelle Apsion** (actress and founder of The Rosen Method), **Tim Duerden**, **Markus Greenwood** and **Jamie Bristow**, plus a host of other leaders offer you knowledge and advice in developing your practice.

Sign up to our newsletter for more updates and information: <https://goo.gl/UBSe6f>

#### Links:

Mindful Living Show Manchester website: <https://goo.gl/9SYG1o>

Manchester Tickets: <https://goo.gl/Dukpwp>

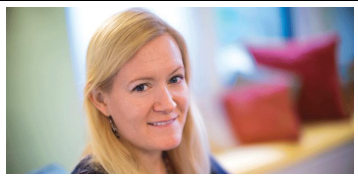


To receive a 10% discount, **QUOTE: MLSM18LM10** when purchasing your tickets

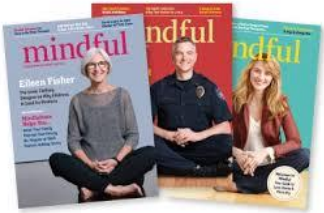






In October, Mindfulness in Politics saw 40 politicians from 14 different countries gather in Parliament to practice mindfulness together guided by Jon Kabat-Zinn.

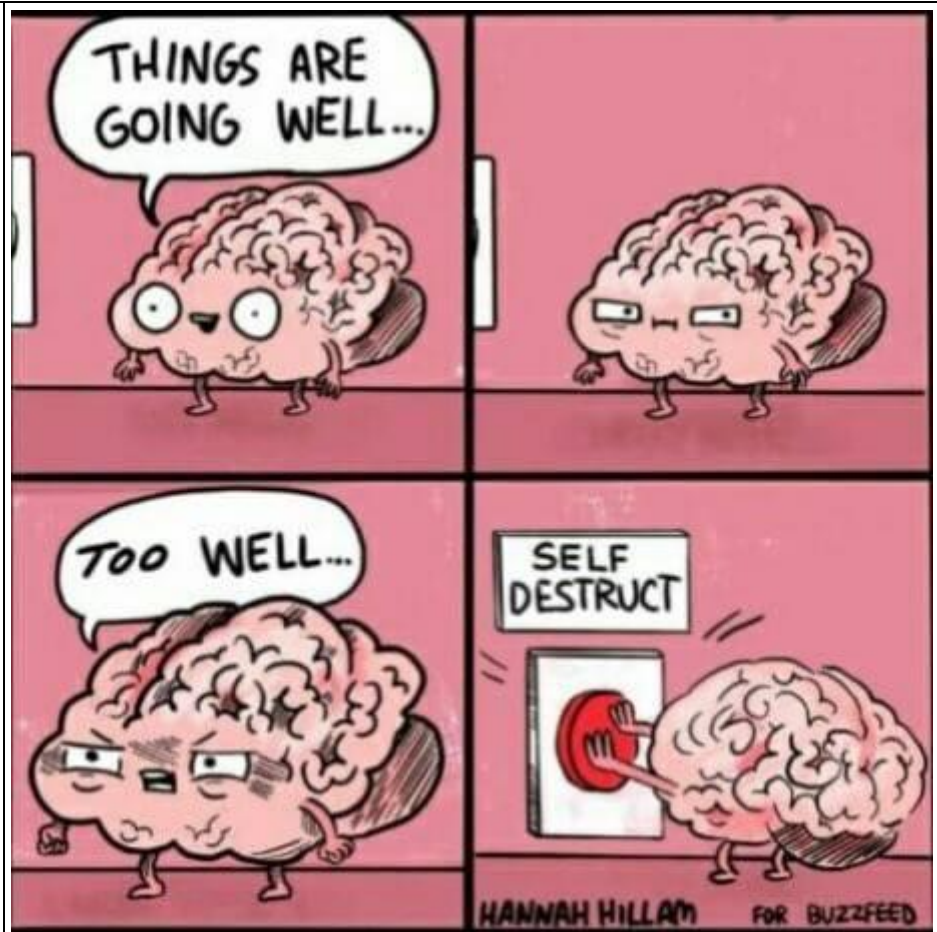
We were heartened by the nationwide conversation that the event generated – our place in the news cycle secured in no small measure by the now **notorious abruptions** of Tim Loughton MP. Column inches from **The Times' front page** to **The Guardian** and **The Telegraph** covered mindfulness in politics with welcome candour – we secured a front-page feature in the Guardian's **G2 magazine**, and even a brush with Have I Got News For You left us unscathed. (Our thanks to Tim for taking the heat with characteristic good humour and **helping to move the debate forward**.) **BBC5 Live interviewed politicians**, and invited Chris Cullen to guide listeners in a short meditation broadcast to the nation and beyond. (A full list of media coverage can be found below).



	<p align="center"><b>CMRP Conference 2017</b></p> <p>FREE audio recording of Willoughby Britton's keynote – Meditation related difficulties, building competence <a href="#">LINK</a></p>
<p><b>Insight Timer UPDATE</b></p>	<p>There's an Elephant in the Meditation Room – update on the possible future directions of Insight Timer <a href="#">LINK</a></p>
<p><b>Beannacht</b></p>	<p>A Blessing for the New Year by John O'Donohue <a href="#">LINK</a></p>
<p><b>YouTube - Jon Kabat-Zinn</b></p>	<p>BIG THINK -Mindfulness dissolves thoughts: Attention is what is left over <a href="#">LINK</a></p>
<p align="center"><b>OMC</b></p> 	<p>An interview with Jon Kabat-Zinn <a href="#">LINK</a></p> <p>The Guardian G2 interview with Master of Mindfulness Jon Kabat-Zinn, "People are losing their minds, that is what we need to wake up to." <a href="#">LINK</a></p>
<p align="center"><b>PLOS1 Britton Lab</b></p> <p><b>Meditation Safety Toolbox</b></p> <p><b>Amazing resource for mindfulness teachers</b></p>	<p><a href="https://www.brown.edu/research/labs/britton/resources/meditation-safety-toolbox">https://www.brown.edu/research/labs/britton/resources/meditation-safety-toolbox</a></p> <p>This is an incredible resource, free to download, as outlined by Willoughby Britton at the conference at CMRP. Huge amount of materials here that can be shared (available also from Cheetah House facebook page).</p>
<p><b>Sketches in Stillness</b></p>	 <p align="center">     "The only thing you can control in this world is how you respond to what happens. You are in control of your inner space."   </p> <p align="center"> <i>Sketches in Stillness.com</i> <span style="float: right;">François ©2017</span> </p>

<p><b>Good Medicine by James Hawkins</b></p>	<p>Upgrading the breathing space meditation, some research-based suggestions <a href="#">LINK</a></p>
<p><b>Mindful Magazine</b></p>  <p><b>mindful</b> MINDFUL.ORG</p>	<p>Meditation effects may differ by type of practice <a href="#">LINK</a>          Headspace APP redesign, read what one user found <a href="#">LINK</a>          When you meditate you might be regulating your genes <a href="#">LINK</a>          The power of letting go <a href="#">LINK</a> let go of story, stuff &amp; busyness          The hidden cost of phone addiction (fab animation) <a href="#">LINK</a>          What mindfulness is (and isn't) good for <a href="#">LINK</a>          What does Headspace want? <a href="#">LINK</a> Some lovely brief animations too....          Mindful driving – Three practices to try <a href="#">LINK</a> I'm going to practice yielding!!          Help your kids let go of STUFF... <a href="#">LINK</a>          How to be alone mindfully (video) <a href="#">LINK</a> LOVE this film FAB!          Top 10 Guided Practices <a href="#">LINK</a>          A loving kindness practice to promote resilience <a href="#">LINK</a>          PODCAST The importance of inquiry <a href="#">LINK</a>          10 mindfulness researchers you should know <a href="#">LINK</a></p>
<p><b>Greater Good: Berkley</b></p> 	<p>Which mindfulness skills can benefit you? <a href="#">LINK</a></p> <p>Top 10 Insights from a Science of a Meaningful Life <a href="#">LINK</a></p> <p>The state of mindfulness science – What we know and what we don't know <a href="#">LINK</a></p>
<p><b>BeMindfulOnline.com</b></p>  	<p>Waiting for an 8-week course or uncertain whether a mindfulness-based approach will be helpful. Why not try the <b>Mental Health Foundation</b> Online Mindfulness course?</p> <p>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>NEW White Paper – Mindfulness in the Workplace. This paper explores why businesses are increasingly turning to mindfulness <a href="#">LINK</a></p>
<p><b>Smiling Mind</b></p>	<p>New <b>Smiling Mind</b> APP in association with Virgin mobile.</p>
<p><b>Action for Happiness</b></p>	<p>NEW gratitude APP <a href="#">LINK</a>          Matthieu Ricard – Resilience, Compassion and Meditation <a href="#">LINK</a></p>

**Our struggles with Contentment**



**Mindfulness in the Media: Health**

Could **mindfulness** benefit breast cancer survivors? [The Daily Star](#)  
**Mindfulness** meditation better than gardening for beating stress, experiment shows [Telegraph.co.uk](#)  
Pharmacists have a role to play in averting prescribed drug dependence [HeraldScotland](#)  
Mindfulness championed by Gwyneth Paltrow and Emma Watson reduces stress levels by MORE ... [Daily Mail](#)  
Could meditating cut your risk of heart disease? [WebMD.Boots.com](#)  
Are you compassionate towards yourself? Personality quiz [The Guardian](#)

**Mindfulness in the Media: Politics & Society**

The eco guide to new **mindful** activism [The Guardian](#)  
Iowa Tries A New Domestic Violence Intervention: **Mindfulness** [NPR](#)  
How **Mindfulness** Meditation Can Save America [WIRED](#)  
Bruce Parry on **mindfulness**, activism and revisiting Tribe New Statesman  
"**Mindful** resistance" is the key to defeating Trump [Vox](#)

**Mindfulness in the Media: Lifestyle**

Q&A: Jewel learned her life lessons from nature, books and pain [Reuters](#)  
The Blogger Who Turned His Life Around With **Mindfulness** [Thrive Global](#)  
Ruby Wax - How To Be Human [HuffPost UK](#)  
I'm so over smug **mindfulness** [The Times](#)  
'I Tried 10 **Mindfulness** Habits—Here's What Happened' [Women's Health](#)  
**Mindfulness** meditation a 'low tech' tool for today's stresses [The Globe and Mail](#)  
Choral Singing Boosts **Mindfulness** [Pacific Standard](#)  
9 things Meghan Markle did to get the body she has now [cosmopolitan.com \(UK\)](#)  
Where To Practise **Mindfulness** In London [Londonist](#)  
Having This One Trait Could Be the Secret to Having a Flatter Stomach [Reader's Digest](#)  
This museum making some serious **mindfulness** moves [Well+Good](#)

**Mindfulness in the Media: Kids & Education**

**Mindfulness** helps Hong Kong children overcome anxiety and school pressures through yoga and ... [South China Morning Post](#)

What to Know About **Mindfulness** Programs in Your Kid's School Lifehacker Australia  
 UAE schools are embracing the **mindfulness** movement The National  
**Mindfulness** for Children New York Times  
 Can **Mindful** Colouring Help Calm Anxious Kids? happiful magazine  
 How to Bring **Mindfulness** Into a Journalism Curriculum MediaShift  
 To Create **Mindful** Leaders We Must Start with **Mindful** Children Thrive Global

**Mindfulness in the Media: Workplace**

How can **mindfulness** make you a better leader? TrainingZone.co.uk  
 An evolutionary psychologist explains what happens inside our brain when we meditate and how ... Business Insider UK  
 Here's What **Mindfulness** Is (and Isn't) Good For Harvard Business Review  
**Mindfulness** Is More Than A Buzzword: A Look At The Neuroscience Behind The Movement Forbes  
**Mindful** Leadership – To Transform Yourself And Inspire Others BW Businessworld

**Mindfulness in the Media: Sport**

**Mindfulness** was a key factor in Richmond's grand final victory The Sydney Morning Herald  
 Training the mind is a key part of attaining sporting success Connacht Tribune Group

**Mindfulness in the Media: Science, Digital & Tech**

The Key Component of **Mindfulness** That Lowers Stress Pacific Standard  
 Study shows **mindfulness** meditation app works -- but acceptance training component is crucial EurekaAlert  
**Mindful** Powers app teaches children how to deal with stress and anxiety Digital Trends  
 Arianna Huffington's new app wants you to turn off your phone The Memo  
 I spent 10 days using the popular **mindfulness** app Headspace — this is what it's like Business Insider  
 Where's the Proof That **Mindfulness** Meditation Works? - Scientific American  
 'Mindfulness' Is a Meaningless Word With Shoddy Science Behind It Newsweek  
 Our obsession with **mindfulness** is based on limited scientific evidence Quartz  
 How to Change Your Brain With **Mindfulness**, With Daniel Goleman Lifehacker  
 Michael Acton Smith: 'We want to show meditation is common sense' The Guardian  
 Different meditation types train distinct parts of your brain New Scientist  
 University opens new **mindfulness** center The Brown Daily Herald  
 amaZEN U Announces New Website Launch PharmiWeb.com (press release)  
 Baa Baa Land - a film they want you to fall asleep in Reuters UK  
 Shark Tank: Simple Habit, A **Mindfulness** App, Fails to Get A Deal Despite Offer from Richard ...Business 2 Community

**UK Network for  
 Mindfulness-Based Teacher  
 Training Organisations**

**Lancashire Mindfulness CIC** are a participating member of the **UK Network of Mindfulness-Based Teacher Training Organisations**. Our trainers adhere to the **Good Practice Guidelines for Trainers** and we expect our teachers we train to adhere to the **Good Practice Guidelines for Teachers**. Our supervisors adhere to the **Good Practice Guidelines for Supervisors**.  
**VISION:** The Network represents the leading teacher training organisations in the UK  
**MISSION:** We are committed to supporting and developing good practice and integrity in the delivery of Mindfulness-based approaches  
**OBJECTIVES:** We do this by:  
 Having strong collaborative relationships between organisation members  
 defining, upholding and disseminating standards  
[www.mindfulnessteachersuk.org.uk](http://www.mindfulnessteachersuk.org.uk)

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](mailto:admin@lancashiremindfulness.co.uk)