

Hi All

Welcome to our **Spring 2016 Newsletter** collated to share with the enthusiastic and passionate mindfulness teachers and those learning mindfulness.

In these newsletters we hope to let you know about what is happening locally across the **North West Mindfulness Network**, and to have a forum to share news and other information from wider afield.

Please feel free to circulate this Newsletter to any of your colleagues and do send anything you think might be useful to be incorporated into the next Newsletter.



<p><b>Spring 2016 Edition</b></p>	<p><b>Lancashire Mindfulness CIC Newsletter</b></p>	<p>Welcome all. In these newsletters we hope to let you know about what is happening across the <b>North West Mindfulness Network</b>, share news and other information.</p>
<p><b>Accessibility and implementation of Mindfulness-based cognitive therapy (the ASPIRE project):</b>          One day Workshops to Disseminate Findings and Support the Implementation of MBCT within the NHS. The next workshop will be at: <b>Bolton: 22<sup>nd</sup> of April 2016, 10am-4pm, The Wanderers Suite, Macron Stadium, De Havilland Way, Bolton, Greater Manchester.</b>          This Workshop will be delivered by Lisa Graham and Peter Morgan, with support from ASPIRE Project Team and North West Psychological Professions Network. Please follow the link below if you wish to register for a <b>FREE</b> place: <a href="https://www.bangor.ac.uk/mindfulness/regform.php?id=656">https://www.bangor.ac.uk/mindfulness/regform.php?id=656</a></p>		
<p><b>FREE Mindfulness Taster Session with Lisa Graham</b></p>	<p><b>Wednesday 13<sup>th</sup> April, 2016. 15:30 to 17:30</b>, at The Mandala Yoga &amp; Therapy Centre, Preston. Come and find out about Mindfulness-based approaches to health and well-being. To book a FREE place email Lisa at <a href="mailto:lisa.graham@lancashiremindfulness.co.uk">lisa.graham@lancashiremindfulness.co.uk</a></p>	
<p><b>8-WEEK MINDFULNESS-BASED COGNITIVE THERAPY COURSE</b>          - 6 places available -</p>	<p><b>Wednesdays 15:30 – 17:30 from 27<sup>th</sup> April 2016, Preston</b> (term time) Mindfulness course (16 hours teaching) plus optional Day of Mindfulness £200. <b>Course taught by Lisa Graham. <a href="#">See poster</a> attached and please share widely where appropriate.</b></p>	
<p><b>Day of Mindfulness Practice</b></p>	<p><b>Sunday 5<sup>th</sup> June, 2016, 10:00 to 16:00</b>, at The Mandala Yoga &amp; Therapy Centre, Preston. The Day of Mindfulness can be accessed by those who have completed an 8-week mindfulness course. £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>Expressions of Interest Invited for Lancashire Mindfulness CIC MBCT Teacher Development Pathway Level 1 &amp; Level 2</b></p>	<p>We're pleased to announce that Lancashire Mindfulness CIC has been provisionally confirmed as a mindfulness-based teacher training organisation by the UK Network of Mindfulness-based Training Organisations, formal confirmation to follow our attendance at their yearly gathering in July 2016. Lisa Graham, Peter Morgan and colleagues hope to host MBCT Teacher Development Pathway Courses <b>January to December 2017</b>. And are now gathering expressions of interest in our Teacher Development Pathway.  <a href="#">Expression of Interest Form TDC Level 1</a>  <a href="#">Expression of Interest Form TDC Level 2</a>          Further details of our training pathway will soon be posted on the Lancashire Mindfulness CIC website.</p>	
<p><b><a href="#">Professional Participant &amp; Trainee/Teacher Placements</a></b></p>	<p>MBCT Placements available with Lisa (Wednesday afternoon), £150. Contact Lisa for more details at <a href="mailto:lisa.graham@mindfulnessuk.co.uk">lisa.graham@mindfulnessuk.co.uk</a></p>	

	<p><b>Lancashire Mindfulness Practice Days in 2016</b></p>	<p>The next Mindfulness Practice Day in Lancashire hosted by Alistair Smith is on Sunday 24<sup>th</sup> April, 2016. The venue is Brockholes Nature Reserve, Preston New Road, Samlesbury, Preston PR5 0AG. The cost per day including breakfast and lunch will be £35. To book a place contact Brockholes directly on 01772 872016 , for any queries contact Alistair Smith at <a href="mailto:alistair@cali.co.uk">alistair@cali.co.uk</a></p> <p>This year's dates for your diary are: 24<sup>th</sup> April; 11<sup>th</sup> September; and 27<sup>th</sup> November (all Sundays). <a href="#">LINK</a></p> <p>Please note these days are only for those who have completed an 8-week course</p>
<p>Mindfulness Practice <a href="#">LINK</a></p>	<p><b>Tabor, Preston</b></p>	<p>Sessions are offered on the second and fourth Tuesdays of every month, 1030 – 1200.</p> <p>If you would like more information please contact Angela Rogerson 01772 774283, <a href="mailto:hello_angela5@hotmail.com">hello_angela5@hotmail.com</a></p>
<p>Mindfulness Taster Session £5 Mindfulness Sharing Practice Group £5</p>	<p>With Sue Barnhurst, Alistair Smith and Lynne Moore.</p>	<p>Saturday 9<sup>th</sup> April, 9.45am – 12.45pm, at Galloways Society for the Blind, Howick Park Avenue, Penwortham, PR1 0LS <a href="#">LINK</a></p> <p>Followed by Sharing Mindfulness Practice session <a href="#">LINK</a></p>
<p><b>UK listing for Mindfulness Teachers is launched</b></p>	<p>The listing has been created by the <b>UK Network of Mindfulness Teacher Training Organisations</b> to provide the general public and policy makers a means to distinguish those teachers who have received adequate training and whose current practice meets the Good Practice Guidelines which are minimum standards for the delivery of 8 week mindfulness courses.</p> <p>The listing was launched on October 20th 2015 alongside the Mindfulness Initiative report in the Houses of Parliament For more information about the UK Network. To download the Good Practice Guidelines (GPGs) for Mindfulness Teachers and the associated FAQs, see: <a href="http://mindfulnessteachersuk.org.uk">http://mindfulnessteachersuk.org.uk</a></p>	
<p><b>Oxford Summer School 2016 Highly recommended</b></p>		<p>In August Mark Williams and Chris Cullen offered wonderful teachings and practices over 5 days in Oxford University.</p> <p>Accommodation was great and the food was amazing. Each day hundreds of people sat down together to meditate, listen, learn and reflect. Check the OMC website for dates of 2016 Summer School.</p>
<p><b>FAB BLOG from the OMC</b></p>	<p>The OMC has launched a blog with the intention of discussing and commenting upon a range of issues in the realms of mindfulness science and ancient wisdom. The first blog is at: <a href="http://www.oxfordmindfulness.org/welcome-to-the-university-of-oxford-mindfulness-centres-omc-first-blog/">http://www.oxfordmindfulness.org/welcome-to-the-university-of-oxford-mindfulness-centres-omc-first-blog/</a></p>	
<p><b>Secular Mindfulness Retreats Short Retreats fulfilling Registration Requirements</b></p>	<p>Mindfulness Network CIC See links For 1-day, 3-day, 5-day and 7-day retreats</p>	<p>Mindfulness Network CIC have been working hard to develop a range of secular mindfulness-based retreats that are accessible to all, from those new to mindfulness to those with more experience, such as mindfulness teachers and students. Their programme includes one, three, five and seven-day retreats.</p> <p>More information about all of their retreats – and the online application - can be found on our website at <a href="https://www.mindfulness-network.org/retreats.php">https://www.mindfulness-network.org/retreats.php</a>.</p>
<p><b>Mindfulness Supervision</b></p>	<p>Do you need a mindfulness supervisor?</p>	<p>Cindy and Alison have been hard at work for the Mindfulness Network CIC recruiting more highly experienced mindfulness supervisors.</p> <p>Go to: <a href="https://www.mindfulness-network.org/our-supervisors.php">https://www.mindfulness-network.org/our-supervisors.php</a></p>

<p><b>PRACTICE LINKS &amp; DOWNLOADS</b></p> 		<p>Lisa has spent a number of months in and out of the recording studio and free practice recordings are available from the website <a href="http://www.lancashiremindfulness.co.uk">www.lancashiremindfulness.co.uk</a> or from <b>Insight Timer APP</b> <a href="http://insighttimer.com">insighttimer.com</a></p> <p>Participants who are attending or have completed a course facilitated by a Mindfulness Practitioner using the Mindfulness Based Cognitive Therapy for Depression Course book have permission to use the official MBCT website to access downloads. <a href="http://www.guilford.com/MBCT_audio">www.guilford.com/MBCT_audio</a></p> <p>We also recommend these sites below:  <a href="http://www.freemindfulness.org/blog">www.freemindfulness.org/blog</a>  <a href="http://www.franticworld.com/free-meditations-from-mindfulness/">www.franticworld.com/free-meditations-from-mindfulness/</a></p>
<p><b>RESEARCH</b></p>	<p>Neurobiological changes explain how mindfulness meditation improves health</p>	<p><a href="#">LINK</a></p>
	<p><b>David Black's Mindfulness Research Monthly</b></p>	<p>An <b>online journal</b> informing research and practice:  <a href="http://www.mindfulexperience.org/newsletter.php">http://www.mindfulexperience.org/newsletter.php</a>  <b>January:</b> <a href="https://goamra.org/wp-content/uploads/2014/06/MRM_v7n1_jan.pdf">https://goamra.org/wp-content/uploads/2014/06/MRM_v7n1_jan.pdf</a>  <b>February:</b> <a href="https://goamra.org/wp-content/uploads/2016/02/MRM_v7n2_feb.pdf">https://goamra.org/wp-content/uploads/2016/02/MRM_v7n2_feb.pdf</a>  <b>March:</b> <a href="https://goamra.org/wp-content/uploads/2014/06/MRM_v7n3_mar.pdf">https://goamra.org/wp-content/uploads/2014/06/MRM_v7n3_mar.pdf</a></p>
<p>Mental Elf</p>		<p><b>MBI's in Primary Care – great comments at the end of this article</b>  <a href="#">LINK</a></p>
<p>New OMC Study</p>		<p>Mindfulness for people who have IBS – an opportunity to take part in a new study <a href="#">LINK</a></p>
<p>The Buddha Pill</p>		<p>Does yoga and mindfulness really work? Apparently not so well for aggression in prisons..  <a href="#">LINK</a></p>
<p><b>Mindfulness in EDUCATION</b></p>		<p>Applications of Mindfulness-Based Interventions in School Settings: an Introduction: <a href="#">LINK</a></p> <p>Mindfulness in Schools in New Zealand – watch the film of the kids describing the benefits of learning mindfulness <a href="#">LINK</a></p>
<p><b>FAB PAPER</b></p>	<p>By Craig Hassed</p>	<p>Mindful Learning: Why attention matters in education <a href="#">LINK</a></p>
		<p>The whole purpose of education is to turn mirrors into windows.  - Sydney J. Harris –  Seven ways to help your students find purpose <a href="#">LINK</a></p>
		<p>A conversation between Richard Burnett and Willem Kuyken about mindfulness and resilience in adolescence <a href="#">LINK</a></p>

<p><b>Mindfulness in the WORKPLACE</b> 5-3-1</p>		<p>We invite you to try our 5-3-1 daily practice for well-being in the workplace yourself:</p> <ul style="list-style-type: none"> <li>✓ Mindfully meditate <b>5</b> minutes each day</li> <li>✓ Identify <b>3</b> things that went well at the end of each working day</li> <li>✓ Make time for at least <b>1</b> act of kindness each day</li> </ul>
	<p><b>Kelly McCabe Ruff</b></p>	<p><b>10 Tips for introducing Mindfulness at Work</b> <a href="#">LINK</a></p>
<p><b>Be less BUSY</b></p> 		<p><b>Three surprising ways to be less busy</b> <a href="#">LINK</a>  <b>Give yourself a boost of awe</b>  <b>Create an anti-business ritual:</b> When I start to feel pressured for time, my own “busyness ritual” kicks in: I stretch my neck (first by looking to the left, and then to the right, and then by tipping my left ear to my left shoulder and my right ear to my right shoulder). I exhale deeply with each stretch, and then center my head, and straighten my posture. On my last exhale, I think to myself: “I have plenty of time.” The stretching and deep breathing may be what helps me feel calm, but also <u>having and using a ritual</u>—any ritual—can help us feel more in control and less overwhelmed.  <b>Find FLOW...</b>  <b>Stop multi-tasking and build a fortress against interruption</b></p>
<p><b>Other interesting bits</b></p>	<p><b>Don't try to be mindful....</b></p>	<p>Daron Larson TedX <a href="#">LINK</a></p>
	<p><b>Desiderata by Max Ehrmann</b></p>	<p>Awesome comic strip <a href="#">LINK</a>  Beyond a wholesome discipline, be gentle with yourself. You are a child of the universe, no less than the trees and the stars.  - Max Ehrmann, Desiderata -</p>
<p><b>Jon Kabat-Zinn</b> No blueprint, just love</p>		<p>FAB from Jon <a href="#">LINK</a></p>
<p><b>Richard Davidson</b></p>	<p><b>Four constituents of well-being</b></p>	<p>Article with brief film <a href="#">LINK</a></p>
<p><b>Christina Feldman</b></p>	<p><b>The Long View</b></p>	<p>Christina Feldman recently released a four-part blog in conjunction with the Oxford Mindfulness Centre, based on her keynote presentation at the 2015 Bangor Centre for Mindfulness Research and Practice Conference. <a href="#">Part 1 provides an interesting historical perspective on the main-streaming of Buddhism in the West over the last forty years.</a></p>
<p><b>Great link for free practices</b></p>		<p><b>Greater Good FREE Meditation practices</b> New look website with lots of free practices <a href="http://ggia.berkeley.edu/#filters=">http://ggia.berkeley.edu/#filters=</a></p>
<p><b>Full Plate Empty Life</b></p>	<p><b>Find your sweet spot</b></p>	<p>Here's the antidote to a busy life... FAB Talk by Christine Carter <a href="#">LINK</a></p>
<p><b>Mindfulness for Beginners</b></p>	<p><b>Dan Harris</b></p>	<p>Includes a film and brief practice led by Sharron Salzberg <a href="#">LINK</a></p>
<p><b>How to keep going with Meditation</b></p>		<p><b>Short but sweet advice from meditation teachers</b> <a href="#">LINK</a></p>

<b>Boost your immune system</b>		New research suggests mindfulness practice can strengthen our natural defences <a href="#">LINK</a>
<b>Five things about Mindfulness</b>		<a href="#">LINK</a>
<b>Addicted to your phone?</b>		Try THIS... <a href="#">LINK</a>
<b>Silence</b>		Why silence is good for the brain... <a href="#">LINK</a>
<b>Interesting...</b>	<b>Trekking Retreat in Finnish Lapland</b>	<b>20-27 June</b> – <a href="#">Explore mindfulness, Dharma practice, simplicity and community in the wilderness and beauty of Finnish Lapland.</a> With Zohar Lavie and Nathan Glyde.
<b>Mindful</b>	<b>Barry Boyce</b>	Five things people get wrong about mindfulness <a href="#">LINK</a>
	<b>Seeking Wholeness?</b>	From the author of Taming your inner tyrant... <a href="#">LINK</a>
QUOTES		Wholeness -- a state in which consciousness and the unconscious work together in harmony. - Daryl Sharp  Life is like making tea! Boil your ego, Evaporate your worries, Dilute your sorrows, Filter your mistakes & embrace the Taste of Happiness
Links to other NEWSLETTERS	Bangor Oxford Exeter Breathworks	<a href="http://www.bangor.ac.uk/mindfulness/documents/Autumn30.09.15_000.pdf">http://www.bangor.ac.uk/mindfulness/documents/Autumn30.09.15_000.pdf</a> <a href="http://www.oxfordmindfulness.org/about/newsletter/">http://www.oxfordmindfulness.org/about/newsletter/</a> <a href="http://cedar.exeter.ac.uk/media/universityofexeter/schoolofpsychology/cedar/documents/mindfulness/Newsletter - Mar 15.pdf">http://cedar.exeter.ac.uk/media/universityofexeter/schoolofpsychology/cedar/documents/mindfulness/Newsletter - Mar 15.pdf</a> <a href="http://www.breathworks-mindfulness.org.uk/newsletter-registration">http://www.breathworks-mindfulness.org.uk/newsletter-registration</a>
<b><u><a href="#">UK Network for Mindfulness-Based Teacher Training Organisations</a></u></b>		Lisa Graham and Peter Morgan ( <b>Lancashire Mindfulness CIC</b> ) have had their application accepted to become a participating member of the <b>UK Network of Mindfulness-Based Teacher Training Organisations</b> . Our trainers adhere to the <a href="#">Good Practice Guidelines for Trainers</a> and we expect our teachers we train to adhere to the <a href="#">Good Practice Guidelines for Teachers</a> . <b>VISION:</b> The Network represents the leading teacher training organisations in the UK <b>MISSION:</b> We are committed to supporting and developing good practice and integrity in the delivery of Mindfulness-based approaches <b>OBJECTIVES:</b> We do this by: Having strong collaborative relationships between organisation members defining, upholding and disseminating standards <a href="http://www.mindfulnessteachersuk.org.uk">www.mindfulnessteachersuk.org.uk</a>

If you do not wish to receive these Newsletters please contact Lisa Graham at [lisa.graham@lancashiremindfulness.co.uk](mailto:lisa.graham@lancashiremindfulness.co.uk)