

Mindfulness Meditation

Anita Snow

INTRODUCTION TO MINDFULNESS - 4 SESSIONS - HAMMOND HALL, BACK ROOM
Every second Monday from 2.15 - 3.15 pm starting 19 September.

INTRODUCTION

The founder of mindfulness Jon Kabat-Zinn, an American professor emeritus of medicine, states: "Mindfulness is awareness that arises through paying attention, on purpose, in the present moment, non-judgmentally."

Mindfulness is about being present to what is happening in our minds, and our bodies, and the world around us.

It enables us to make wiser choices in how we respond to our experiences to nourish ourselves and others.

Research has demonstrated that mindfulness techniques can help us to manage stress, anxiety, depression, pain, and chronic illness.

WEEK 1 - WHAT IS MINDFULNESS AND WHAT ARE THE BENEFITS OF BEING MINDFUL?

PRACTICE: Breath and body awareness (seated in a chair - 30 minutes).

DISCUSSION.

WEEK 2 – WAKING UP TO AUTOPILOT

PRACTICE: Body scan (lying down or seated – 30 minutes).

DISCUSSION.

WEEK 3 – MONKEY MIND

PRACTICE: Mindful movement (30 minutes).

This is NOT yoga. It is a very gentle practice standing, lying, or sitting depending on the group.

DISCUSSION.

WEEK 4 – THE ABC OF EMOTIONS

PRACTICE: Walking meditation and other brief beneficial practices (30 minutes).

DISCUSSION.

OTHER TOPICS THAT COULD BE EXPLORED AFTER WEEK 4

Interconnectedness, attachment and aversion, stress and resilience, pleasant and unpleasant experiences, acceptance vs avoidance, exploring difficult emotions, exploring pain, making mindfulness a part of daily life, attitudinal foundations of mindfulness, paradoxes in life, working with difficult situations, cultivating kindness towards self and others, thoughts are not facts, doing versus being.

OTHER MEDITATIONS THAT COULD BE EXPLORED

Compassion and loving kindness, 5 senses, R.A.I.N, mindful eating, mindful listening, open awareness.

I am also trained to run the 8-week Mindful Based Stress Reduction (MBSR) course.

<https://www.openground.com.au/mindfulness-based-stress-reduction-mbsr/from-isolation-to-connection/>

There was an excellent program on Catalyst explaining MBSR further and showing how the course changed people's lives.

<https://www.abc.net.au/catalyst/the-mindfulness-experiment/11017418#Watch%20their%20journey%20here>

Biography of facilitator - Aneeta Snow

I started my meditation and yoga journey over 30 years ago when it was considered a somewhat "hippy" practice. After I started working as a nurse in mental health, I completed post grad studies, and discovered that mindfulness is now a well-researched technique for managing life stresses. I began to use it more in my personal and professional life. Wanting to share these life changing practices, I completed my Teacher Training in Mindfulness Based Stress Reduction.