



Mindfulness-based Stress Reduction (MBSR) 8-week Programme

Scheme of Work

Duration 16 hours

Start date: End date: Number of students:		Venue: Timings:	
Name of Teacher(s):			
<i>Date</i>	<i>Weeks 1 - 8</i>	<i>Session Title</i>	<i>Number of attendees</i>
	1	Introducing Mindfulness	
	2	Perception and Creative Responding (Handling Stress)	
	3	The Power and Pleasure of Being Present (Living all your moments)	
	4	The Shadow of Stress – How Conditioning and Perception Shape Our Experience (Patterns of reactivity to stress)	
	5	Finding Space for Responding (Rather than reacting)	
	6	Working with Difficult Situations (Interpersonal Mindfulness)	
	7	Cultivating Kindness to Self and Others (Looking after myself)	
	8	A New Beginning (Keeping mindfulness alive)	

