

**Mindfulness-based Stress Reduction (MBSR) 8-week Programme Session Plan Week 3 -
The Power and Pleasure of Being Present (Living all your moments)**

Duration 2 hours

Key Learning		
<p>1) Use the breath as your anchor, bringing you back to the moment</p> <p>2) Enjoy the present with movement in a non-judgemental, non-striving way with kindness and care</p> <p>3) Noticing pleasure and the power inherent within this moment</p>		
<p>Essential Meditations</p> <p>1 X short sitting practice Eg Abdominal breathing</p> <p>Mindful movement</p>	<p>Resources</p> <p>Mats, blankets, cushions, blocks, bell, clock</p> <p>Flip chart and pens</p> <p>STOP technique and laminated card for participants (card optional)</p> <p>Unpleasant events journal</p> <p>Visual teaching aids: Eg: Stress curve and stress response diagrams, simple ANS diagram, triangle of awareness</p> <p>Teacher Training course notes, practice guidance sheets and scripts.</p>	
Timings	Duration	Teaching and delivery notes
<i>add your own here</i>	<i>minutes</i>	
	15	Short sitting practice eg abdominal breathing
	30	Review Home Practice (Body Scan, Pleasant Events Journal, Mindful activity).
	20	Key Points from Wk 2 talk. “It’s not the events themselves but how you handle them that influences the effects they have on your body and mind”.

Any actions for next time?