

**Mindfulness-based Stress Reduction (MBSR) 8-week Programme Session Plan Week 8 - A  
New Beginning (Keeping mindfulness alive)**

**Duration 2 hours**

<b>Key Learning</b>		
<ol style="list-style-type: none"> <li><b>1) Sustaining practice and keeping it going- both formal and informal</b></li> <li><b>2) This is the beginning of the rest of your life!</b></li> <li><b>3) Review resources to support and develop further</b></li> <li><b>4) Group closure</b></li> </ol>		
<p><b>Essential Meditations</b></p> <p>1 x short sitting practice</p> <p>Longer practice of choice eg Mountain meditation</p>	<p><b>Resources</b></p> <p>Mats, blankets, cushions, blocks, bell, clock</p> <p>Flip chart and pens</p> <p>Scales (if using)</p> <p>Evaluation form</p> <p>What's next with MindfulnessUK information sheet and information on anything you offer</p> <p>Certificates</p> <p>Teacher Training course notes, practice guidance sheets and scripts.</p>	
<b>Timings</b>	<b>Duration</b>	<b>Teaching and delivery notes</b>
<i>add your own here</i>	<i>minutes</i>	
	10	Short sitting practice eg short compassion practice/mindful movement and inquiry.
	20	Review Home Practice - (Loving Kindness, Awareness of what you are bringing into your body, MTG/ STOP/ Taking in the Good).
	15	Sustaining practice- obstacles and strategies

	20	What have I learnt from this Course/my practice so far? Pair work – 2 or 3 points per pair. Feedback to Group.
	10	Letter to oneself – invitation
	15	Practice of choice eg Mountain, lake, body scan, mindful listening to sounds
	10	Taking things forward with MindfulnessUK/ your offerings
	15	Complete evaluation forms and rating scales (if using the latter)
	5	<p>Certificates &amp; Goodbyes.</p> <p><b>Lovely motivating quote to share at the end to close the course:</b></p> <p>“Remember to keep sewing your parachute a bit every day, rather than waiting until you have to jump out of the plane.” Adapted from Jon Kabat-Zinn</p>

**Evaluation of session**

*Use the space below to record your reflections on your teaching of the session*

What went well?

Any challenges/ difficulties and how you overcame them?

Any actions for next time?