

Exploring Mindfulness Practice: An 8-Week Mindfulness Course
(October to November 2020)

"Start living right here, in each present moment.

*When we stop dwelling on the past or worrying about the future,
we're open to rich sources of information we've been missing out on
—information that can keep us ... poised for a richer life."*

- Mark Williams



Dear All

Thank you for your interest in participating in a mindfulness programme this year.

In these times of uncertainty and stress, we are thrilled to be offering an 8-week online mindfulness programme to you. The 8-week course was developed by Prof Mark Williams (who co-developed mindfulness-based cognitive therapy). Although originally offered as a follow up to MBSR and MBCT we found the first cycle of the programme to be enormously beneficial for all participants (and ourselves). So, we will be running a second programme which will be open to those new to mindfulness and those looking to sustain and deepen their practice.

The course includes all the essential ingredients of the standard 8-week programme, including awareness of breath and body, but extends it through a deeper inquiry into the second foundation of mindfulness, namely feeling-tone—the capacity to notice whether any experience is pleasant, unpleasant, or neutral. Becoming more aware of feeling tone provides another gateway to working more skilfully with our patterns of reactivity that can cause so much suffering and can help us live more wisely.

Through daily practice and weekly shared group exploration, we can develop an awareness of how our minds are dominated by either moving away or towards what is here. And in so noticing we can develop new possibilities of being in our lives. This is particularly relevant in these times of stress. With lockdown in place, we can see this time as an extended opportunity for meditation practice both on and off the cushion.

Feedback from participants in the June-Aug 2020 course

'It has given me a framework for a deeper connection to being present in my body, accessing my feelings and handling whatever arises in my experience.'

'The 8-week course has been one of the best things that has happened to me in 2020.'

This experience I believe has left me with an increased ability to live more mindfully with a much deeper awareness, practices and insights and I am truly grateful to you all.

I would love to thank you wholeheartedly for this beautiful opportunity to do this Mindfulness course, I feel so lucky to have been able to cultivate this skill during this time, it was a magnificent experience for me.

I have learned new ways of bringing mindfulness into everyday life and I have been given valuable tools to negotiate the ups and downs of life.

I am now able, more often, to step back from my feelings and see them more objectively, as just feelings. This has allowed me to make better choices and to suffer less rather than become overwhelmed by them.

I have meditated not less than 30 minutes each day. This is what I most hoped to get from the course, coming into it. A solid base of practice and concentration which I intend to build on and deepen.

DATES (Subject to Change)

Thursdays, from 08 Oct to 26 Nov 2020

ONLINE: From 5:30pm to 7:30pm

COST: R3,900 per person. (Profits of this Course will be going to Charity.)

Please RSVP as soon as possible to: vszaacks1@gmail.com

CONTACT DETAILS

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Matthew: mwatkin@mindfulness.co.za and 021 685 5775 and www.mindfulness.co.za

Dr Linda Kantor (short bio)

Linda is a Counselling Psychologist, Hypnotherapist and Yoga Teacher, based in Cape Town, South Africa.

In 1999 she co-founded the Cape Town Mindfulness-Based Stress Reduction Programme (MBSR), the first-ever Programme in South Africa. Having trained at the Mindfulness-Based Stress Reduction Clinic at the University of Massachusetts' Medical Centre (USA) in the work of Jon Kabat-Zinn. She is passionate about developing teachings and workshops in mindfulness for the South African context. She is a founding director of the Institute for Mindfulness South Africa (IMISA).

As a certified mindfulness trainer, this work has taken her into a variety of settings, including corporate workshops, and community-based interventions, as well as programmes for health professionals and the public.

Since 2009 she has been a part-time lecturer at the University of Cape Town's Graduate School of Business (GSB), where she developed her own Mindful Leadership Programme for their Executive MBA Programme. Since 2013 she also lectures at the University of Stellenbosch's Certification in Mindfulness-Based Interventions (MBIs), a two-year programme to train teachers in MBIs, in conjunction with the Institute for Mindfulness South Africa (IMISA).

In April 2019 Linda completed her PhD, looking at *"The application, adaptation, perceived value and understanding of mindfulness training in the organisational context."*

Mathew Watkins (short bio)

Matthew Watkin is a registered Clinical Psychologist and Mindfulness Teacher. Since 2006 he has worked as a psychotherapist in private practice. His practice focuses primarily on individual psychotherapy with adolescents and adults with stress, anxiety, and mood dysregulation. He is also involved in training groups in the public and private sectors using mindfulness-based approaches.

His Masters' thesis explored the factors underpinning change in people practising mindfulness. After graduation, in 2003, he completed an internship in Mindfulness-Based Stress Reduction at the Centre for Mindfulness at the University of Massachusetts Medical Centre.

Since his return to South Africa in 2004 he has facilitated the standard 8-week mindfulness-based stress reduction (MBSR) and mindfulness-based cognitive therapy (MBCT) programs for stress, mood and anxiety disorders.

He is a director and founding member of the South African Institute for Mindfulness (IMISA). His primary interests include the application of mindfulness in mood and anxiety disorders, stress management, emotion regulation and performance.