

## **8 Weeks mindfulness-based stress reduction meditation program**

**Meditations on the day may vary, according to the group needs at the time.**

### **Mindfulness Based Stress Reduction classes**

#### **1<sup>st</sup> week**

- Starts at 7pm promptly (you can register 10 minutes prior to the starting of the session). This first session is an explanation of the Mindfulness stress reduction meditation and what they are (extra 15 minutes only for this one, the class finishes at 8.15pm). Formal and informal practice explained.
- We will start with the Breath meditation for up to 5 minutes
- Discuss of the experience or self-awareness of the experience within yourself, sharing the experience if you want to.
- 2<sup>nd</sup> meditation “Awareness of Hand meditation” or raising – Sharing of the experience with the group if you want to or within yourself, maybe writing it down.
- End of class one – homework for the week – Practice the Breath meditation (link given) From 1 minute to 10 minutes daily. Practice any of the informal mindfulness exercise. Such as mindfulness walking, cooking, eating, driving, speaking, listening, exercise, preparing tea, coffee, etc.

#### **2<sup>nd</sup> Week**

- Sharing last week of practice and the experiences if you want to share them
- Breath and body meditation
- Sharing of the experience from the breath and body meditation or writing down for yourself your experience
- The hour glass meditation
- Sharing the experience of the hour glass meditation (stories and poems)
- Practice for this week – Body and breath meditation or breath meditation (link given). One informal meditation choice as before.

#### **3<sup>rd</sup> Week**

- Sharing last week of practice and the experiences if you want to share them
- Mindfulness meditation (body scan)
- Sharing of the experience from meditation or writing down for yourself your experience
- Mindfulness meditation (stop – 1 minute breathing meditation) (stories and poems)
- Sharing the experience meditation or writing it for yourself
- Practice for this week – meditation of the week or past weeks (link given). One informal meditation choice as before.

#### **4<sup>th</sup> Week**

Sharing last week of practice and the experiences if you want to share them

- Mindfulness meditation “mindfulness of breath and body and sounds”
- Sharing of the experience from meditation or writing down for yourself your experience
- Mindfulness meditation “Mindfulness of thoughts and feelings”
- Sharing the experience meditation or writing it for yourself
- Practice for this week – meditation of the week or past weeks (link given). One informal meditation choice as before.

#### **5<sup>th</sup> Week**

Sharing last week of practice and the experiences if you want to share them

- Mindfulness meditation “Lake meditation” meditation
- Sharing of the experience from meditation or writing down for yourself your experience
- Mindfulness meditation “short mindfulness movements of the head”
- Sharing the experience meditation or writing it for yourself
- Practice for this week – meditation of the week or past weeks (link given). One informal meditation choice as before.

#### **6<sup>th</sup> Week**

- Sharing last week of practice and the experiences if you want to share them
- Mindfulness meditation “mindfulness of breath, body, sounds thoughts and feelings, and choiceless awareness” long meditation
- Sharing of the experience from meditation or writing down for yourself your experience
- Mindfulness meditation (heart grounding meditation)
- Sharing the experience meditation or writing it for yourself
- Practice for this week – meditation of the week or past weeks (link given). One informal meditation choice as before.

#### **7<sup>th</sup> Week Mindfulness meditation:**

- Sharing last week of practice and the experiences if you want to share them
- Mindfulness meditation “Lake meditation or mountain meditation” long meditation
- Sharing of the experience from meditation or writing down for yourself your experience
- Mindfulness meditation poem Prelude there is no need change poem
- “Love and kindness meditation or other compassion meditation”
- Sharing the experience meditation or writing it for yourself
- Doing something pleasant after meditation (breathing space or others) and allow silence in our meditation practice
- Practice for this week –practice meditation the breathing space or simple breathing without any tape, including body scan.
- One informal meditation choice as before.

## **8<sup>th</sup> week mindfulness meditation**

- Sharing last week of practice and the experiences if you want to share them
- Mindfulness meditation “centering meditation or any other meditation with breathing or movement meditation”
- Sharing of the experience from meditation or writing down for yourself your experience
- Mindfulness meditation (body scan again and or with poem or story of the chapter biography book)
- Sharing the experience meditation or writing it for yourself

Reviewing what you have learned so far, what you find easy or difficult and when addressing difficulty. Congratulate yourself and others in the group for reaching this time.

- Practice for this week –Staying mindful at work discussion (tips and suggestions) practice all meditations daily, the simple formal and informal.