

# Mindfulness Based Living Course (MBLC)

## Week 1 Start Where We Are

Learn how our intention directs our journey and how the mind has a life of its own. We also learn how to settle it down.

## Week 2 The Body as a Place to Stay Present

Being embodied is a natural way of relieving stress and anxiety. By inhabiting the body we learn how to befriend our physical self through curiosity and acceptance.

## Week 3 Introducing Mindfulness Support

A mindfulness support can act as an anchor during the choppy and unpredictable seas of a meditation practice. We also introduce short informal practices for daily life.

## Week 4 Working with Distraction

We learn that distraction is a perfectly normal part of our practice, we look at why we do it, how to understand it and how to strengthen our attention.

## Week 5 Exploring the Undercurrent

We introduce kindness and understanding to our practice and look a little deeper to notice the constant flow of thinking that occurs like a natural commentary to life.

## Week 6 Attitude

We are ready to go a little deeper and we look at our attitudes toward ourselves and our lives. We see how certain attitudes will carry certain thoughts and how to loosen our grip of past patterns and behaviours.

## Week 7 Self-acceptance

We have broken through the surface level and we've found things out about ourselves we may not have seen before. Here we learn how to cultivate self-compassion and understanding that we are all humans doing the best we can.

## Week 8 A Mindfulness Based Life

We will wrap up the course with an overview and reflections and revisit some of the practices to see how far we've come.

