

# Foundations of Teaching Mindfulness

Mid-Training Retreat, March 2025





# Definition of the Day

Mindfulness is simply being aware of what is happening right now without wishing it were different; enjoying the pleasant without holding on when it changes (which it will); being with the unpleasant without fearing it will always be this way (which it won't).

James Baraz



# Overview of The Weekend

## Friday, 5–8pm

- Practice
- Check in + Processing
- Definition of the Day

Break (around 6:30)

- Belonging– Self Awareness exercise
- Body scan
- Closing

## Saturday, 9am–4pm

- Practice + Check in
- Definition of the Day
- Agreements
- Intro to NVC

Break

- Movement
- Belonging exercise

Lunch

- World view + Privilege
- Self-compassion

Break

- Mentor Groups
- Closing

## Sunday, 9am–4pm

- Practice + Check in
- Definition of the Day
- Facilitation Skills

Break

- Shifting Beliefs
- Mentor Groups

Lunch

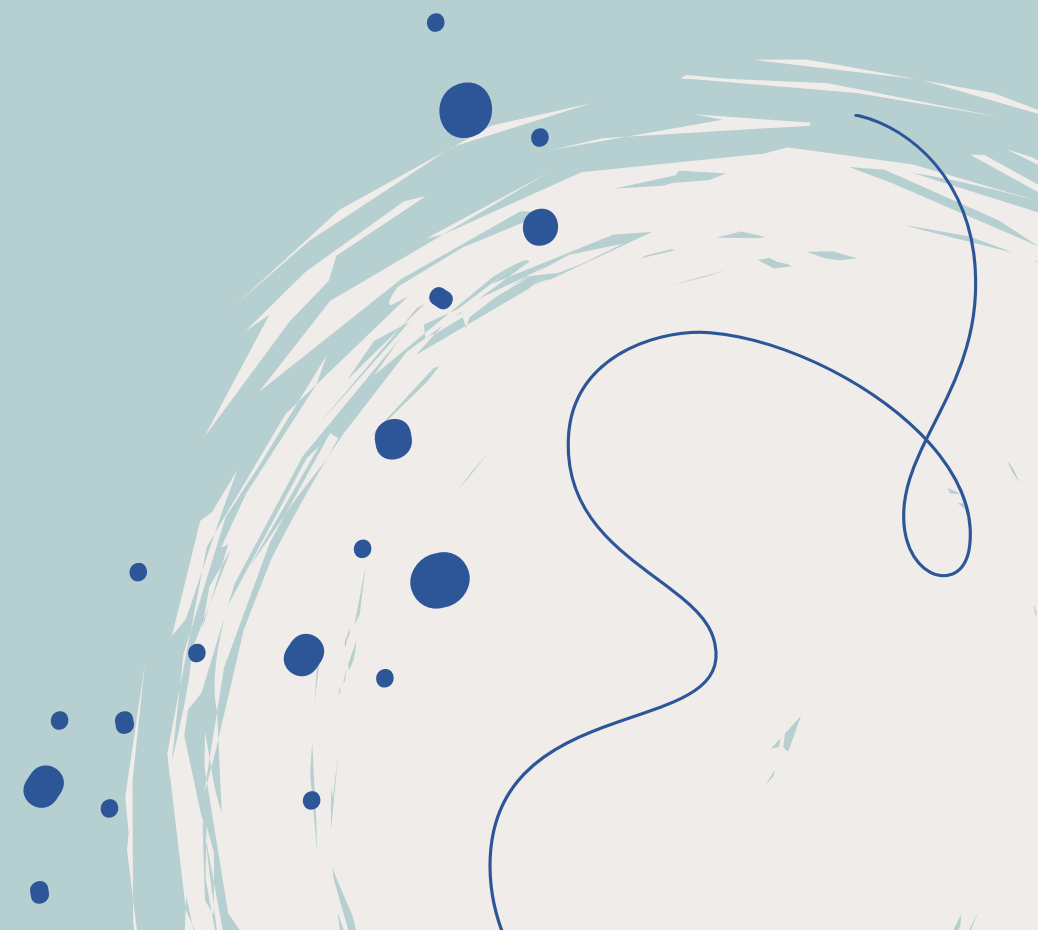
- Nature
- Gratitude

Break


- Intro to Play
- Closing




# Discussion

- Do you feel like this type describes you?
  - What is most like you in the description?
- 

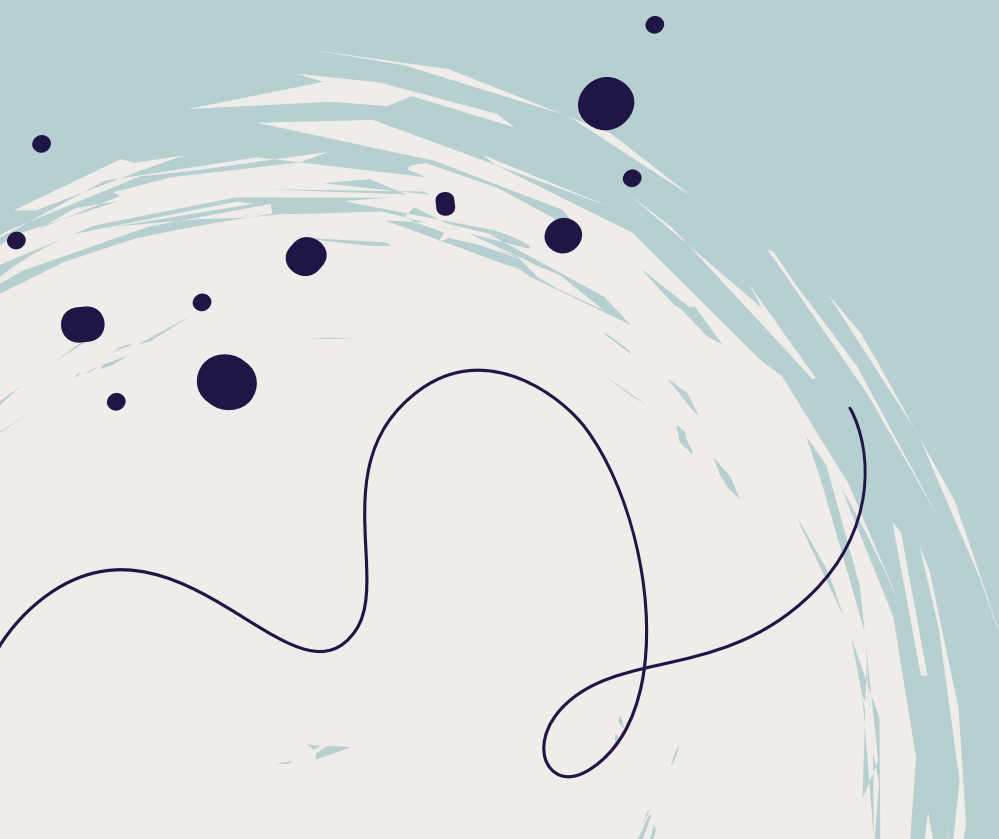
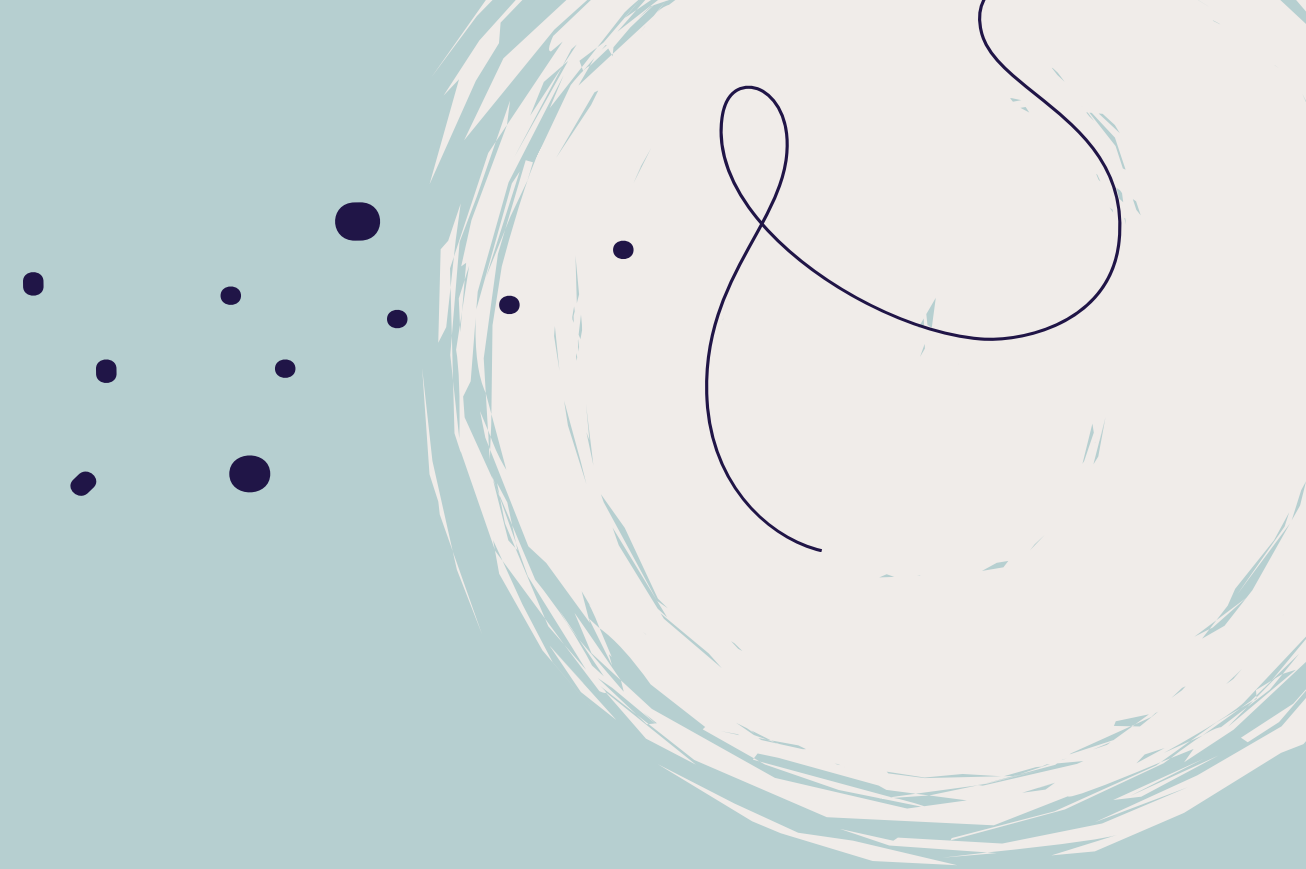




# Discussion (part 2)

- What do you like about being this personality type?
  - What are the challenges about this personality type?
  - How have you seen your “type” show up in your interactions?
  - What do you want others to know when working with you?
- 

Saturday  
March 29th





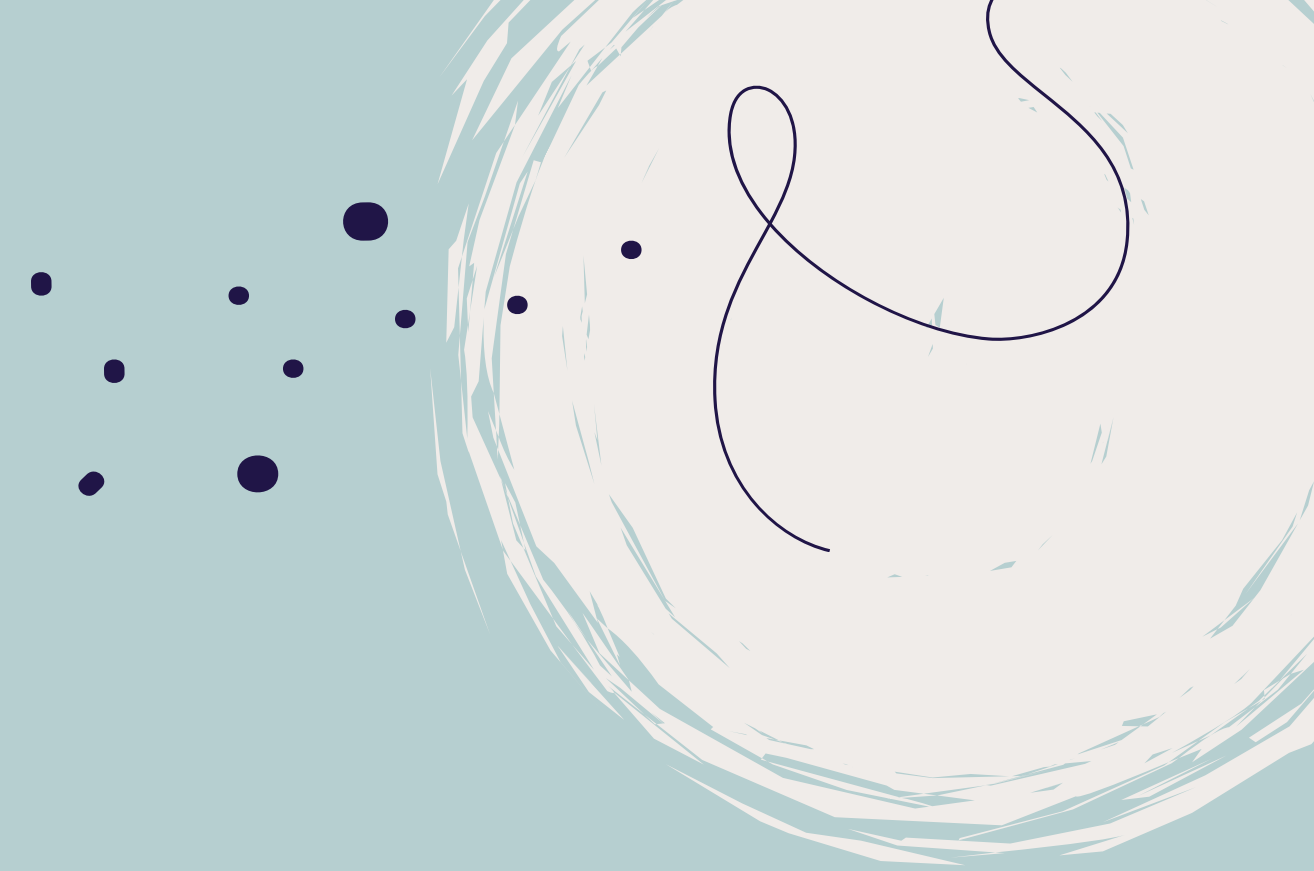
# Definition of the Day

Mindfulness is  
simply a clear, non-judgmental awareness of your  
inner and outer worlds

–Rick Hanson



# Intro to MVC –exercise

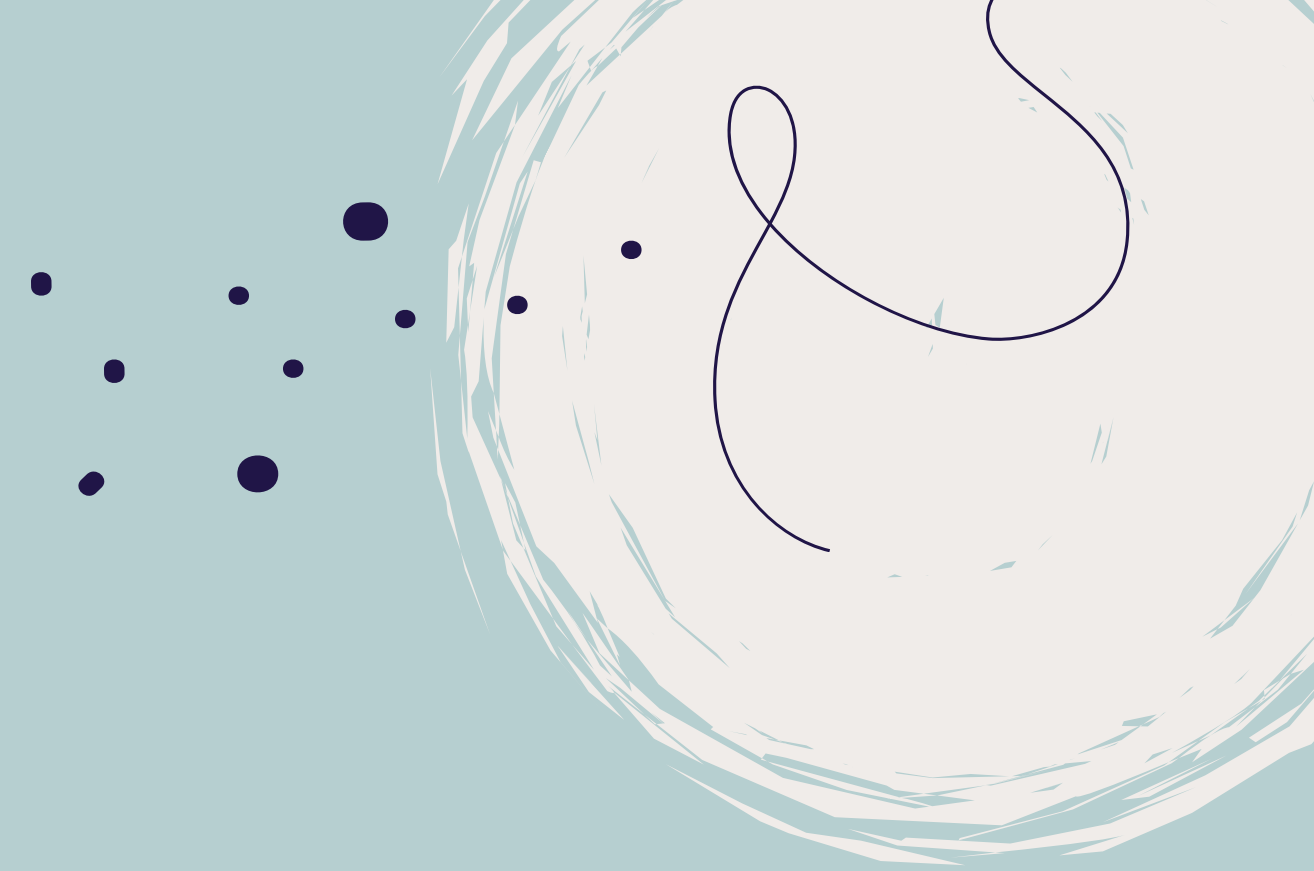


## STEP 1

Think of a recent experience that was difficult for you– but not traumatizing (3–6 out of 10). Choose something that you would feel comfortable sharing with another person in this group.

Write a short summary of the situation– just the heart of the issue. Write down reactions, judgements, self–judgements around the incident.

# Intro to MVC –exercise

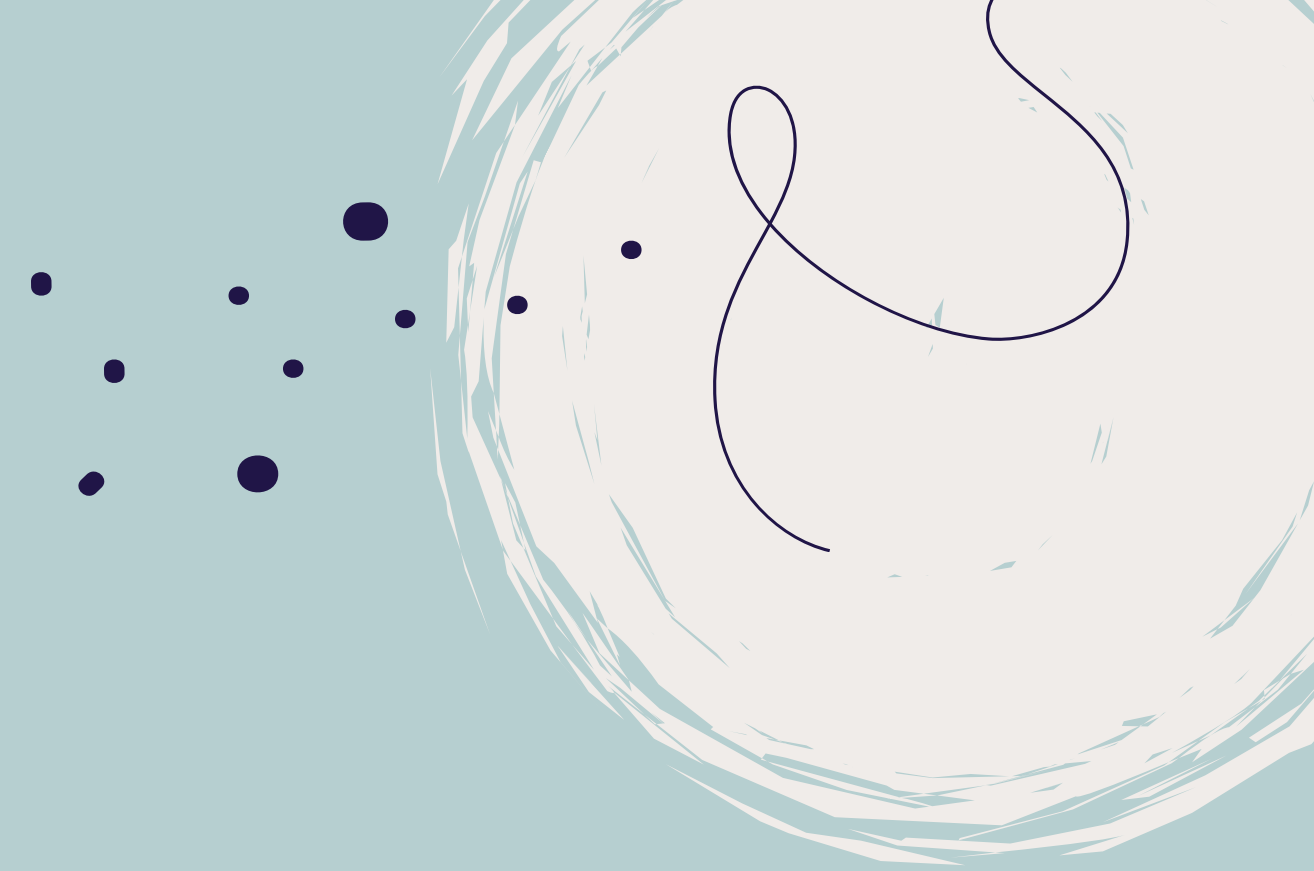


## STEP 2

Using the FEELINGS list– choose 2–4 that you have right now when you think about your situation

Using the NEEDS list– choose the unmet needs that correlate with the feelings at the time of the incident.

# Intro to MVC –exercise

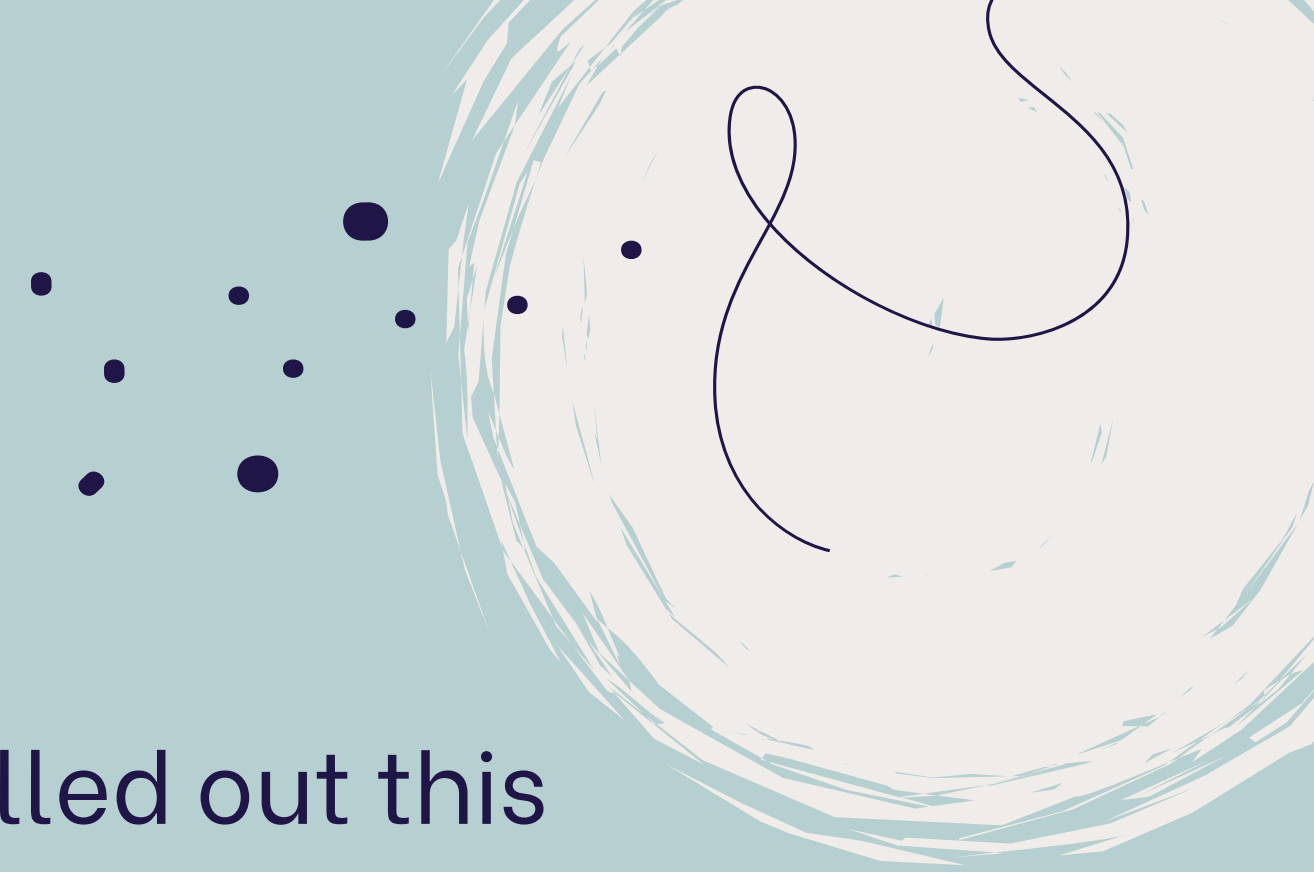


## STEP 3

Now choose the need that seems the most resonant from your list, and visualize a time when that was met, and how it was met.



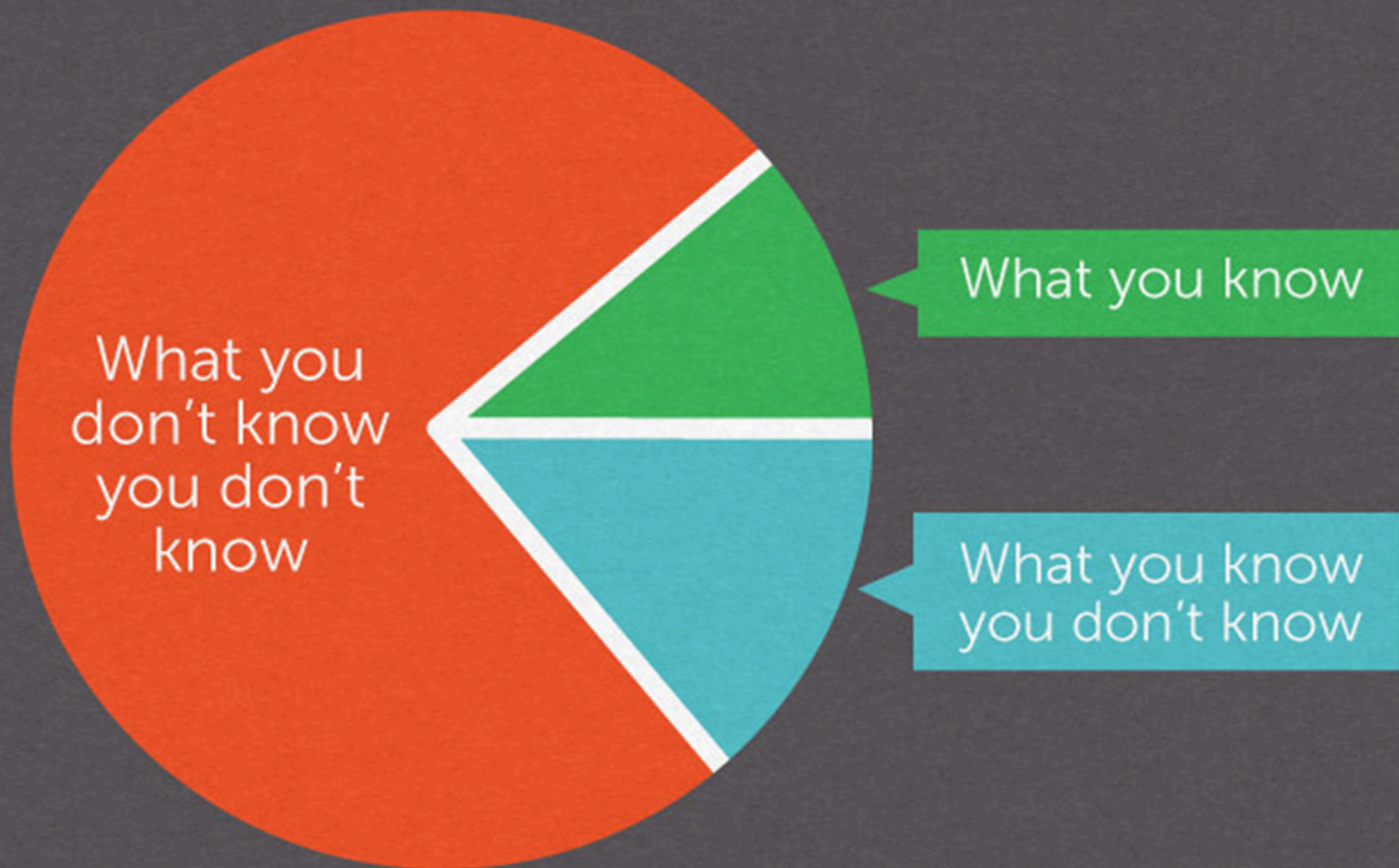
# World View Discussion



1. What was interesting to you as you filled out this questionnaire? Did you notice any thoughts or emotions arise?
2. How was it for you to share your background with someone else? What factors contributed to this? How would it be different in another circumstance?
3. Was there any new learnings or insight?









Self-Compassion

*Definition of self-compassion*

Being with our own suffering

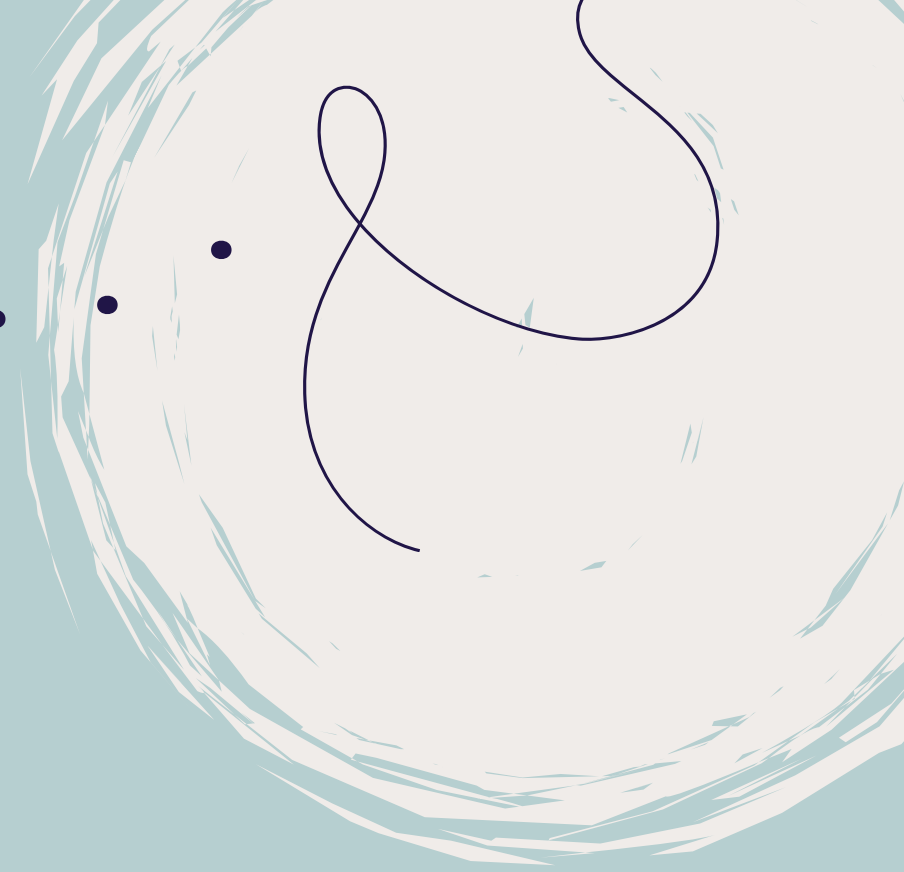


# 3 Components of Self-Compassion

- noticing your own suffering
- responding with kindness and care
- remembering that suffering is part of the human condition



# Self-compassion break: . . .



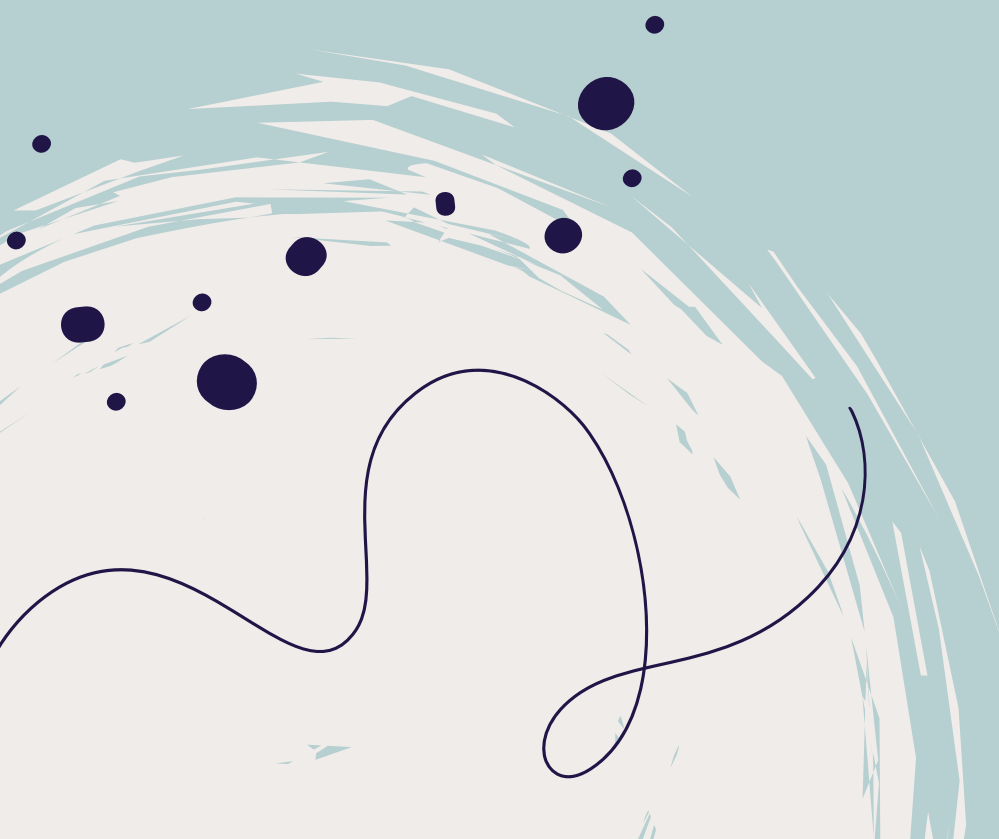
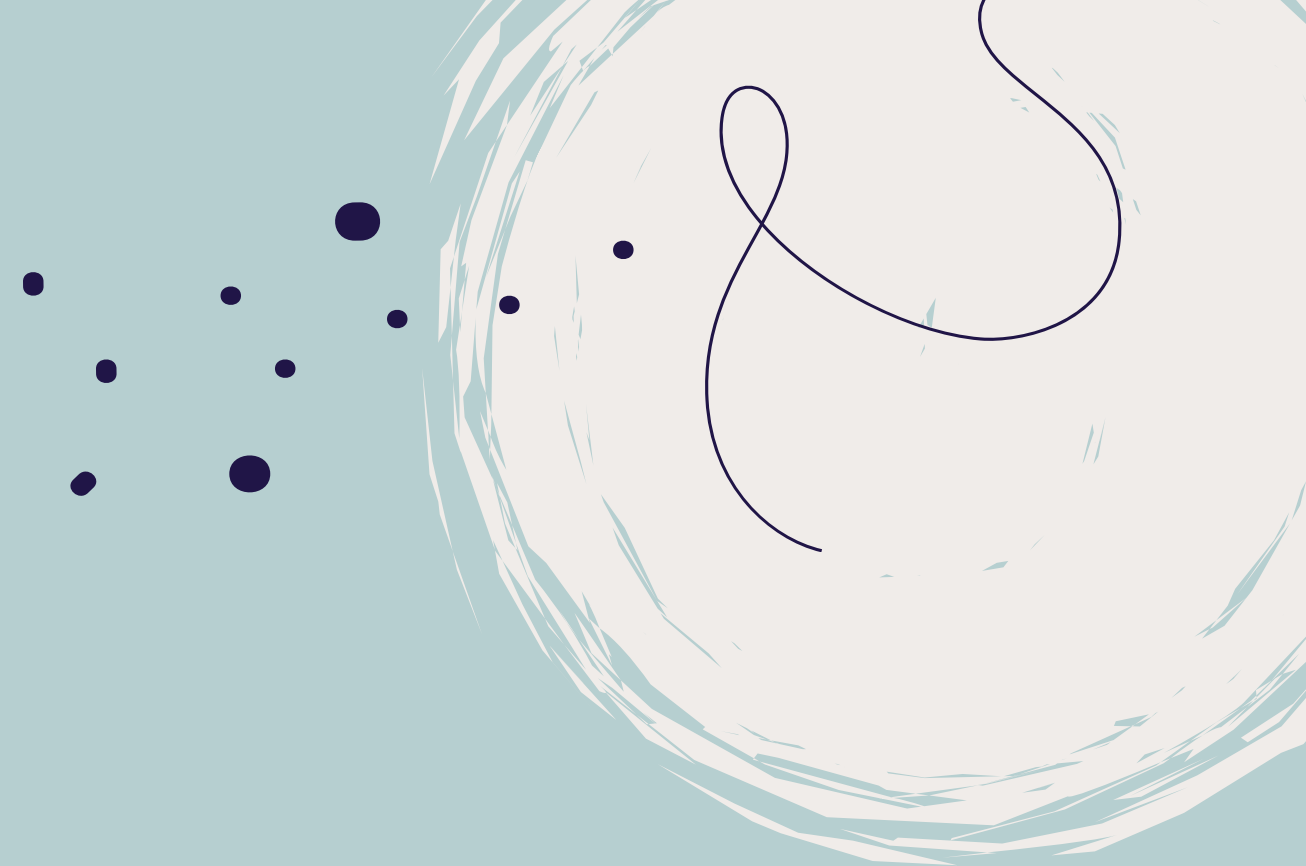
*Think of a difficult moment in your life.*

- *Mindfulness: “This is a moment of suffering.”*
- *Common Humanity: “Suffering is a part of life.”*
- *Self-Kindness: “May I be kind to myself.”*





Sunday  
March 30th





# Definition of the Day

Mindfulness is the ability to recognize what is happening in your mind right now– anger, jealousy, sadness, the pain of a stubbed toe, whatever– without getting carried away by it.

Being mindful means noting what you think, without judgment.

Dan Harris



# T Chart

# Shifting Beliefs about Another

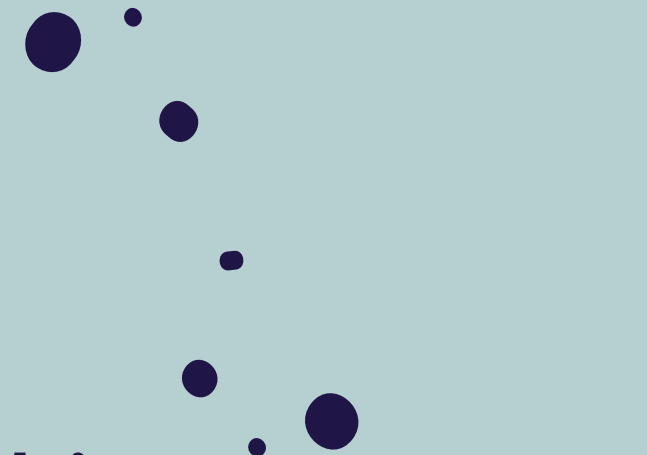
1. Write down a negative or limiting belief that you have about someone in your life.

2. What limiting thoughts does it generate for you?

3. What limiting behaviors result from this belief?

4. What end results occur as a result of this belief?

# Shifting Beliefs about Another



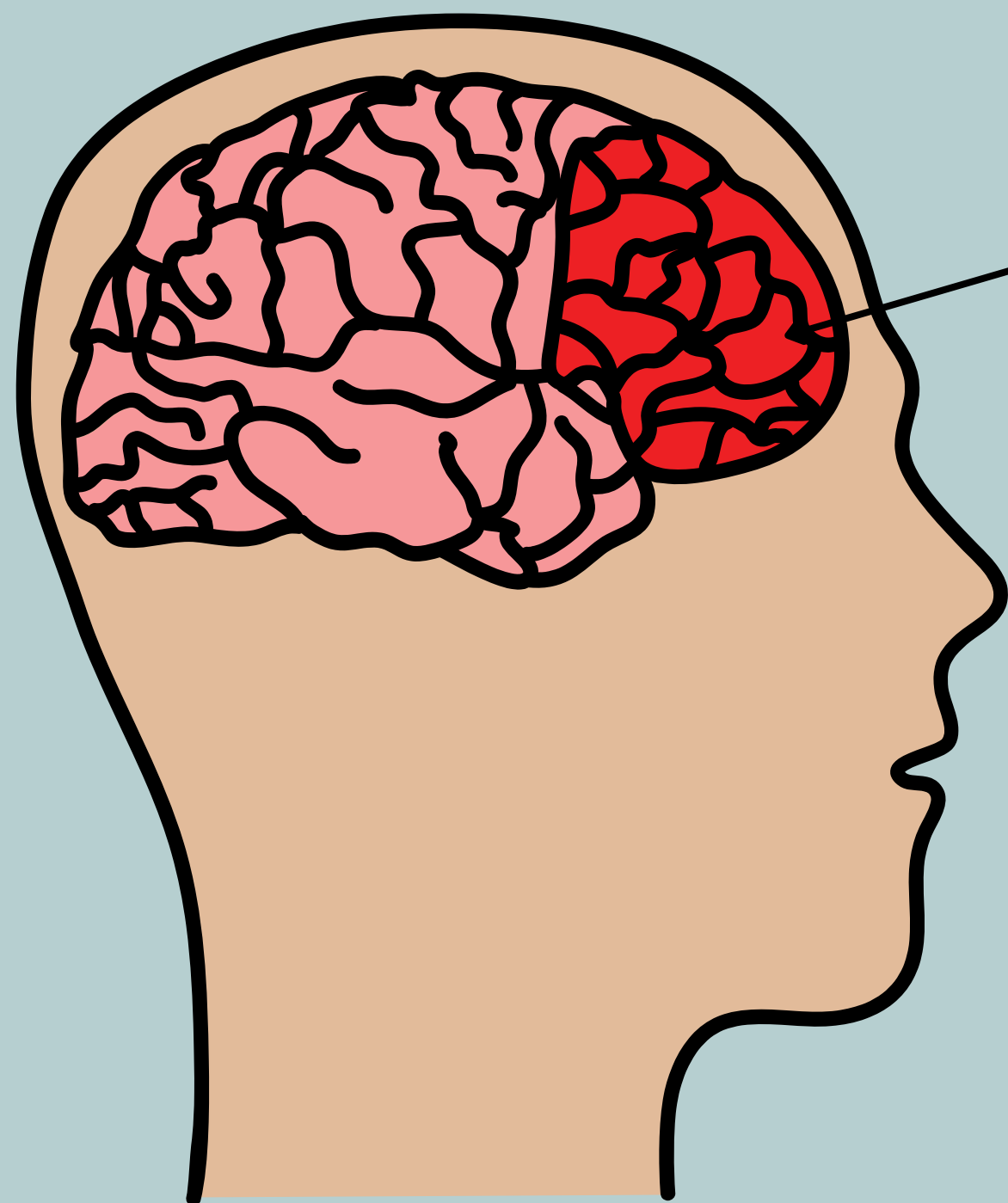
1. Now, imagine the extreme opposite of this belief about this person.
2. What empowering thoughts does it generate?
3. What empowering behaviors result from this belief?
4. What empowering results occur as a result of this belief?











prefrontal cortex



serotonin





# Gratitude practice

- activates the **parasympathetic nervous system**
  - lowers heart rate
  - reduce blood pressure
- **strengthens the vagus nerve** which connects brain to heart
  - greater resilience
  - improved immune function
  - improved emotional regulation

# Dr Robert Emmons, author of Give Thanks

people who kept a daily gratitude journal for just three weeks experienced:

- increased happiness,
- better sleep
- lower blood pressure.

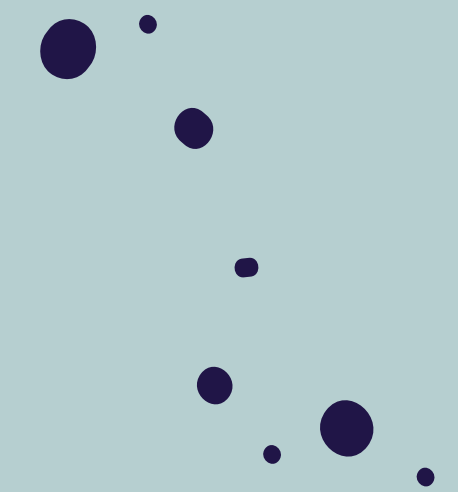
# Practices for cultivating optimism and hope

1. Daily practice: **beauty, blessing and benefit**
2. Evening Practice: **Best moment of the day**
3. Two week practice: **3 things looking forward to**
4. **Gratitude letter**
5. **What meaningful goals do I have for myself?**

Play



**"We are never more fully alive, more completely ourselves,  
or more deeply engrossed in anything than when we are  
playing." – Charles Schaefer**



**“Play is not the activity but the attitude. It’s the mindset.” – Darryl Edwards**

**“Play is the stick that stirs the drink. It is the basis of all art, games, books, sports,  
movies, fashion, fun, and wonder—in short, the basis of what we think of as  
civilization.” – Stuart M. Brown Jr.**

**“Maturity consists in having rediscovered the seriousness one had as a child at  
play.” – Friedrich Nietzsche**







**Play doesn't need to teach  
anything to be worthy. A  
child spinning in circles,  
digging a hole for no  
reason, or talking to a stick  
isn't wasting time—they're  
claiming space in a world  
obsessed with outcomes.  
Play is not preparation for  
life. It is life.**

---

# Why is play important?



- Helps to develop and regulate the pre-frontal cortex, leading to more pro-social brains
- Helps us get along better with people not like us
- Helps us to become better problem solvers
- Boosts creativity
- Helps develop relationships and community
- Helps regulate emotions and relieve stress
- Helps with positive energy



# Play Styles

- The Collector
- The Competitor
- The Creator/Artist
- The Director
- The Explorer
- The Joker
- The Kinesthete
- The Storyteller

