

Foundations of Teaching Mindfulness

Opening Retreat, January 2025



Overview of The Weekend

Friday, 5–8pm

- Training Overview
- Group Agreements

Dinner

- Community building
- What is mindfulness?
- Closing

Saturday, 9am–4pm

- Practice + Check in
- Intro to Belonging

Break

- Mindfulness of the Body

Lunch

- Mentor Groups

Break

- Intro to Nature
- Closing

Sunday, 9am–4pm

- Practice + Check in
- Intro to Compassionate Communication

Break

- Movement
- Giving Feedback

Lunch

- Intro to Creating Talks

Break

- Mentor Groups
- Closing

Who is Calmer Choice?



We are a local nonprofit serving children and those who support them on Cape Cod and surrounding regions by providing evidence-based mindfulness education, training and mentorship to build resilience, foster compassion, and nurture wellbeing for all people and communities.

Our Mission

Cultivate **A**wareness. **L**ive **M**indfully. **E**nhance **R**esilience





Our Lens

Calmer Choice is an organization that is informed by many teachers and traditions. We do not affiliate with a particular tradition of practice, and instead, share practices of mindfulness that are supported by evidence-based research and neuroscience.



Meeting Dates

Weekends

in-person

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- January 24-26, 2025
- March 28-30, 2025
- June 20-22, 2025
-

Thursdays

online

- February 6
 - March 6
 - April 3
 - May 1
 - June 5
- } 6-9pm

Peer and Mentor Meetings TBD by your group

Absences

We know life happens and conflicts arise. If you need to miss a session, please let your mentor know ahead of time. Then, follow up with your mentor or a classmate to get the information you missed.

There will be no make-up work required for missing up to two sessions, after which there will be some follow up work to complete. Your mentor can give you more guidelines as the need arises.




Course Objectives

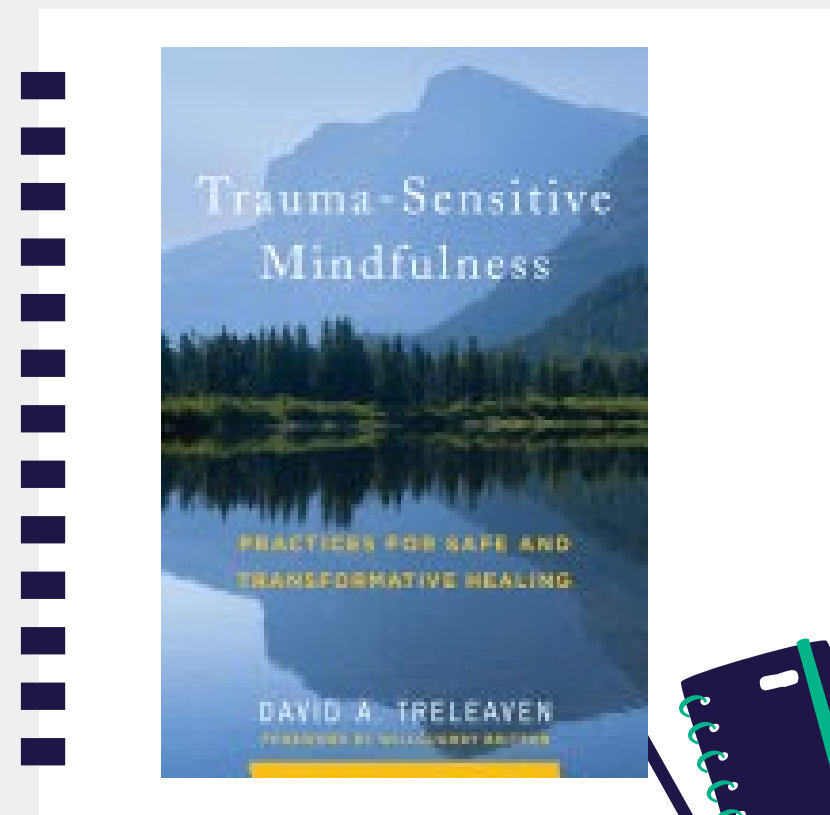
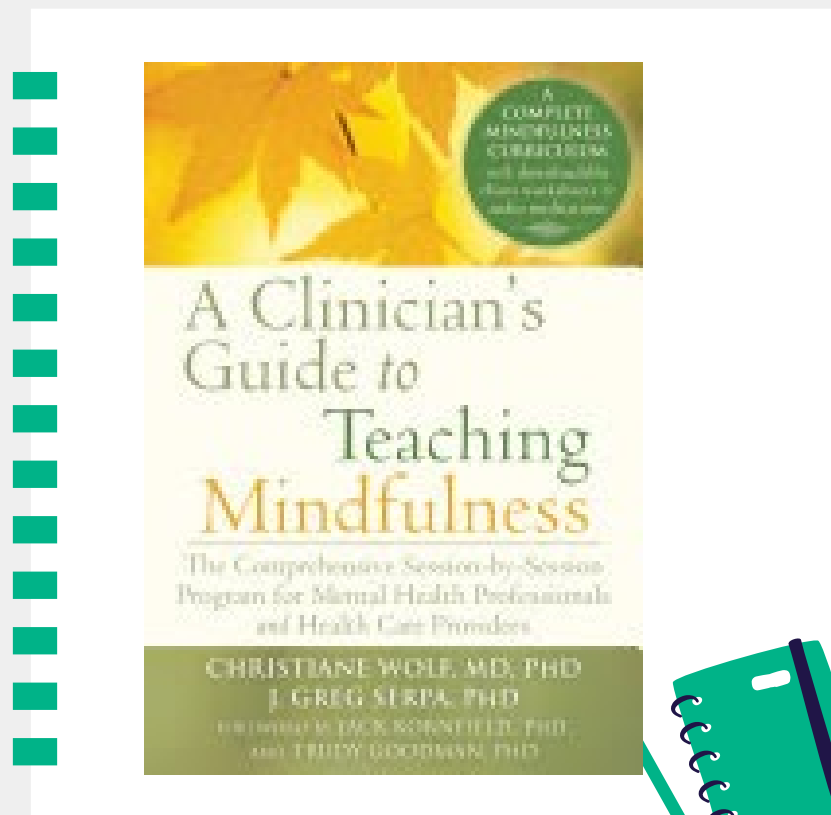
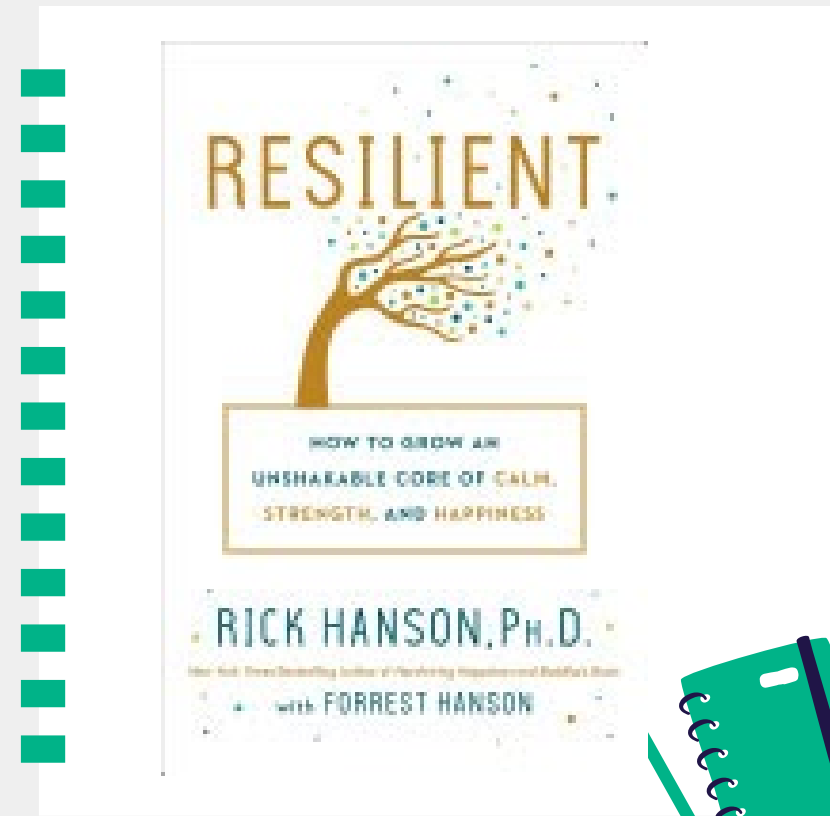
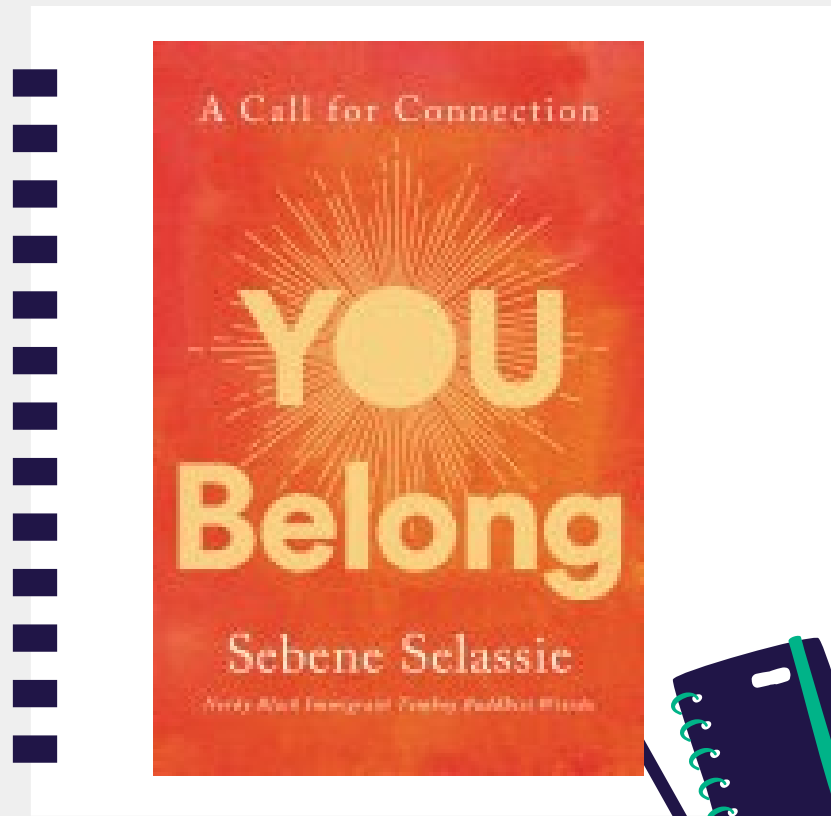
1. Understand and embody the foundational components of mindful awareness practice, and how they are developed.

2. Learn the basics of teaching mindfulness and facilitating community spaces rooted in core practices of welcome and belonging.

3. Develop content to create and deliver a 4-session practicum in the community related to the foundational components of mindful awareness.



Course Texts





Homework

Monthly Homework

- Readings from course texts
- Written reflections (first one due in March)
- Additional resources to explore: articles, videos, podcasts, practices

Online Platform

Each month homework will be uploaded to the online portal. You will receive an invitation to this webpage after the opening weekend.





Mentor and Peer Groups

Mentor Groups

You will be matched with a mentor, who will lead a small group monthly to practice teaching skills you are learning with support and feedback from an experienced teacher, as well as your peers. This is a time to bring forth any questions or discoveries you wish to share.

Peer Groups

Your peer group will consist of all the people in your mentor group, less the mentor. During these meetings you will be practicing skills with out the pressure of your mentor present. Also, these sessions are to discuss the coursework (tests, videos, articles). You will take turns leading this portion.



Practicum

Objective

Create a 4 session program focused on the foundations of mindfulness for beginners, which includes theory and practice.



Requirements

- 1-1.5 hours for each session
- At least 4 participants
- Receive feedback from participants
- Record 30 min of one session to submit
- Write a final reflection



Components of Each Session

- Mindful sitting practice
- Didactic teachings
- Question and Answer period
- time for participants to share experience



Other Info

- You will need to submit an outline of your program by the end of the June weekend.
- Submittal to the IMMA for certification will occur after all requirements are met.

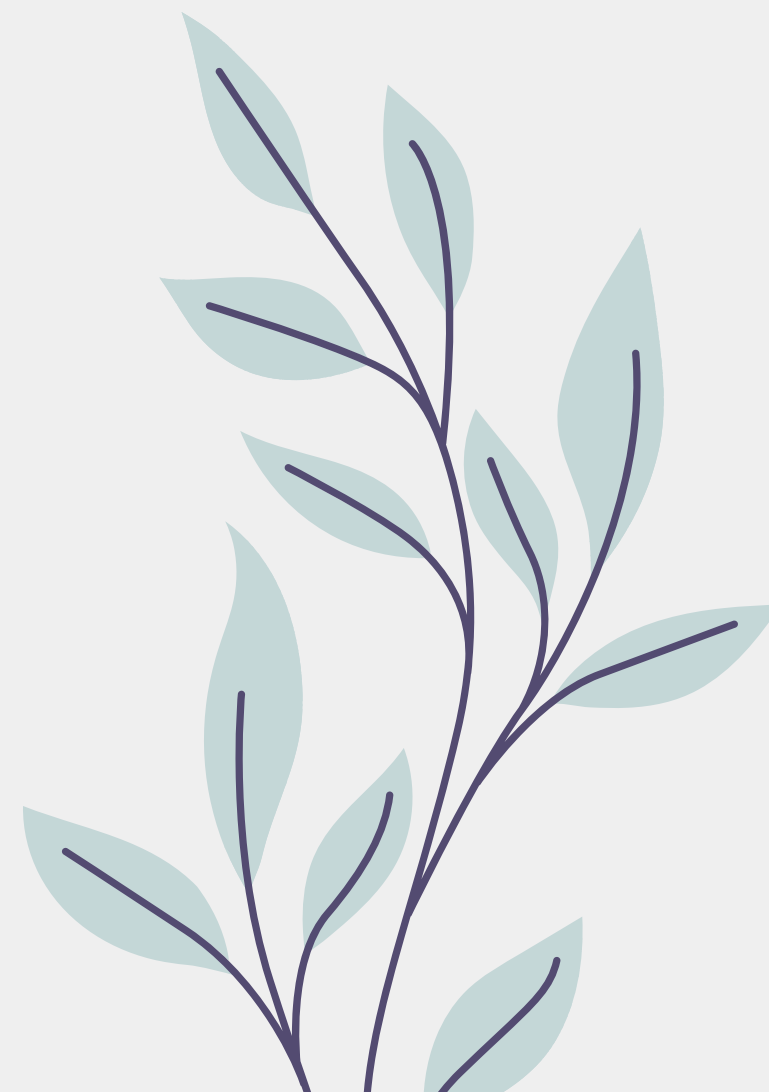


Group Agreements

- Attend and be present
- Practice kindness + curiosity
- Limit technology use during class
- Mindful listening + speaking
- Step up/Step Back
- Presume positive intent + acknowledge impact
- Take care of your needs
- Participation encouraged + OK to pass
- Take a breath between speakers
- Confidentiality



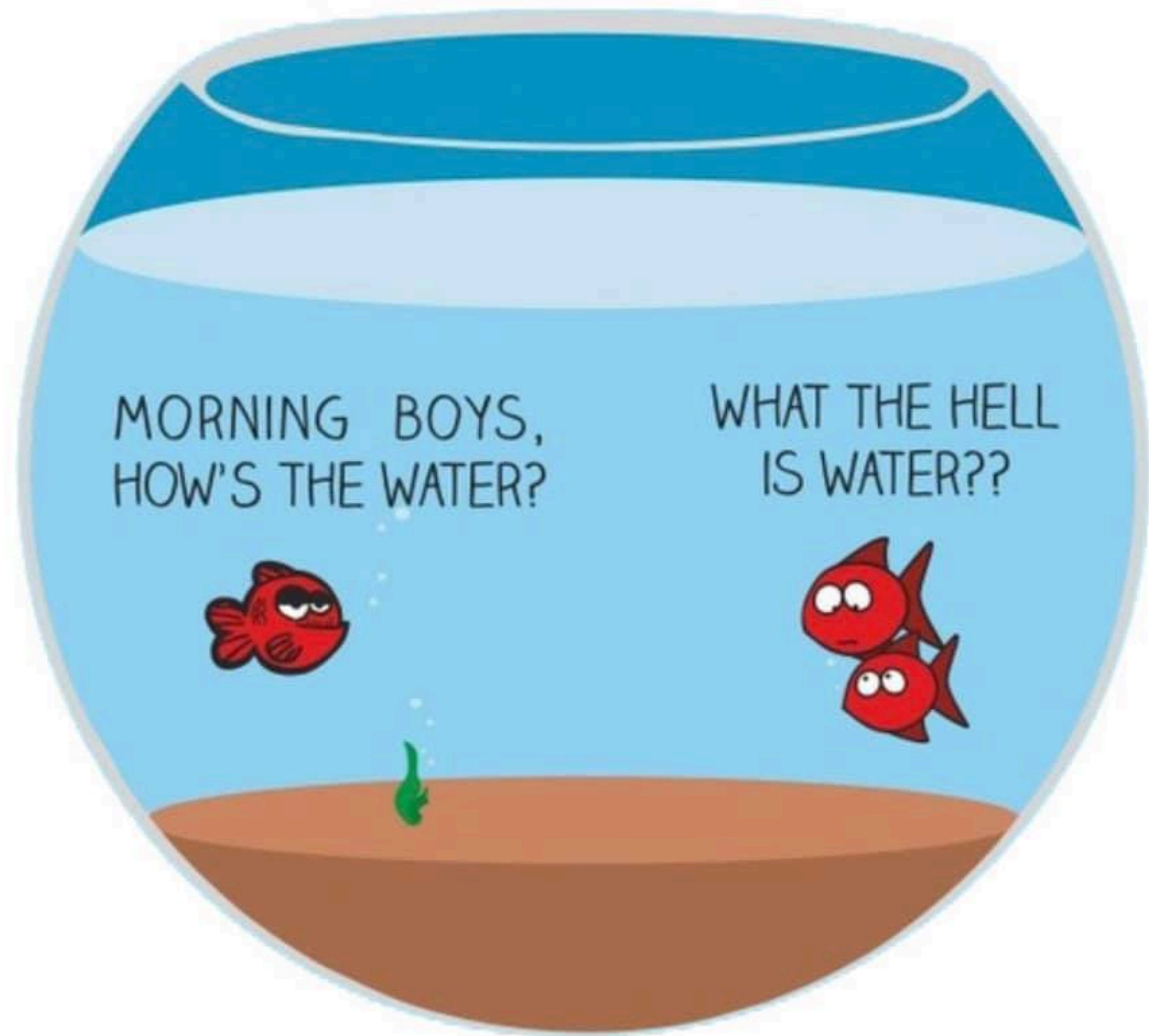
Saturday,
January 25th



Belonging

“True belonging is the spiritual practice of believing in and belonging to yourself so deeply that you can share your most authentic self with the world.”

Dr. Brene Brown

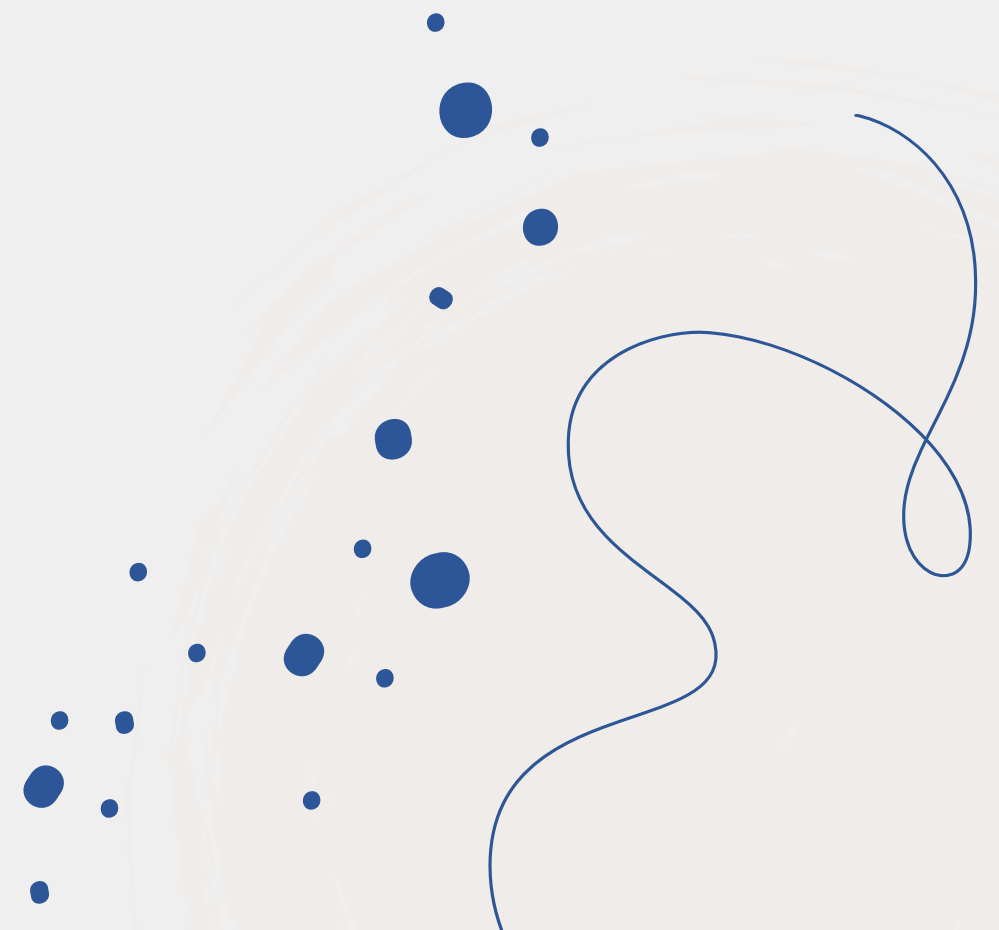


MORNING BOYS,
HOW'S THE WATER?

WHAT THE HELL
IS WATER??



Journal

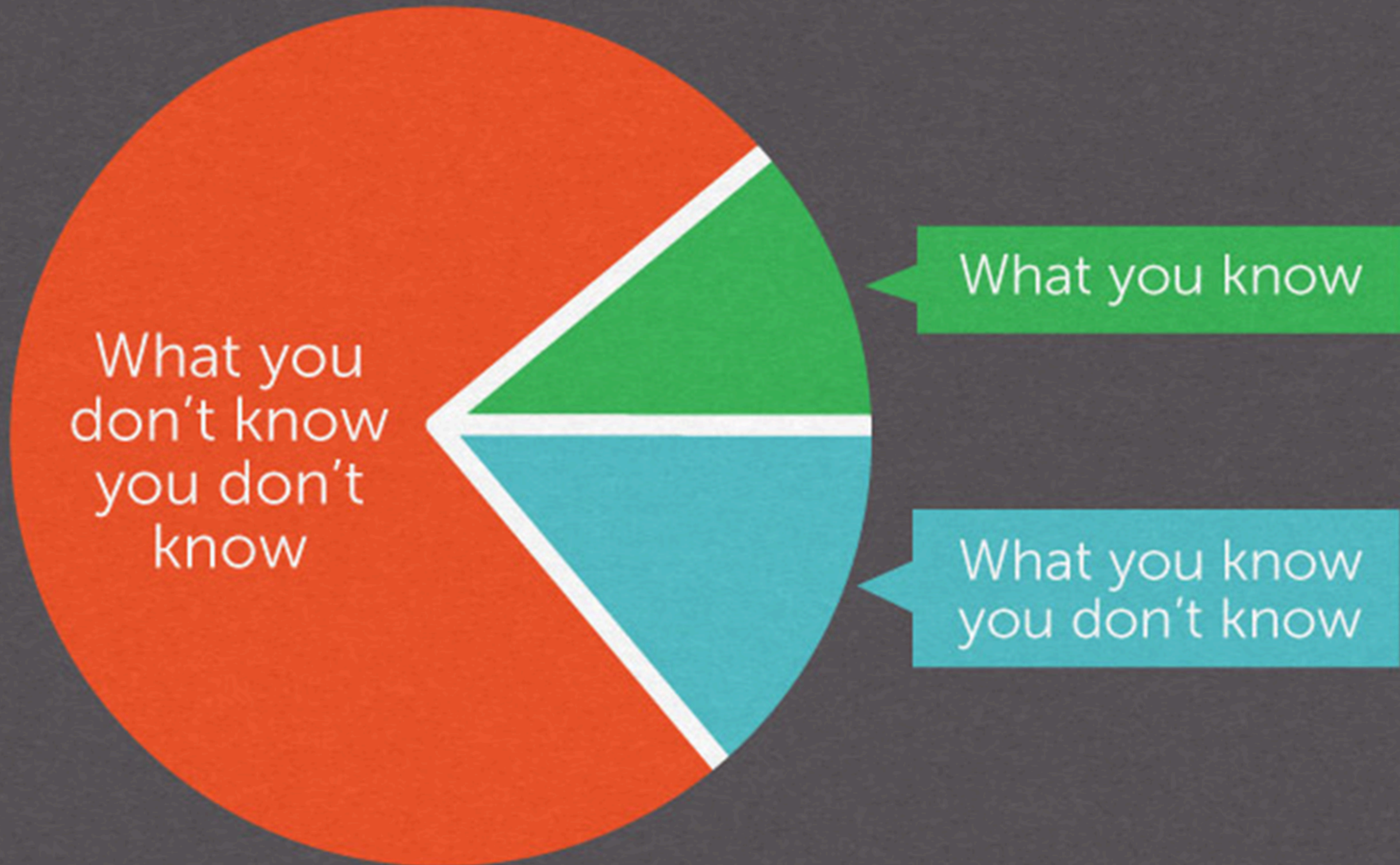
- Think about a time when you felt like you belonged? How did that feel? What factors supported your feeling of belonging?
- 



Journal

- Think about a time when you felt like you belonged? How did that feel? What factors supported your feeling of belonging?
- Think about a time when you felt like you didn't belong? How did that feel? What factors affected this experience?





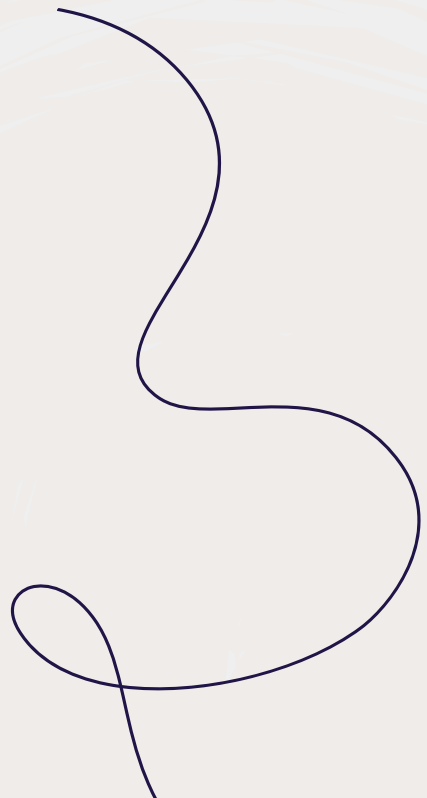
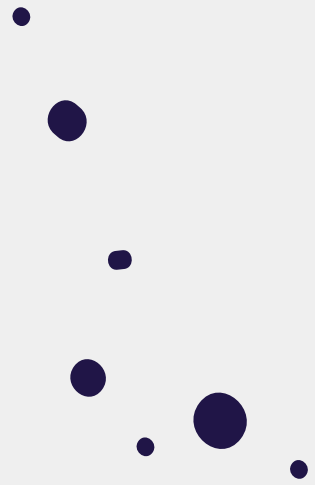
What you don't know you don't know

What you know

What you know you don't know

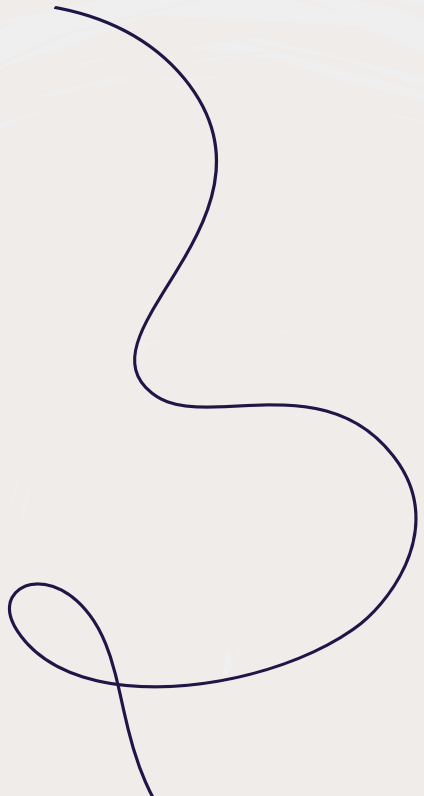
Definitions List

- *What words are new to you?*
- *What do you question?*
- *Where do you find you have strong opinions?*



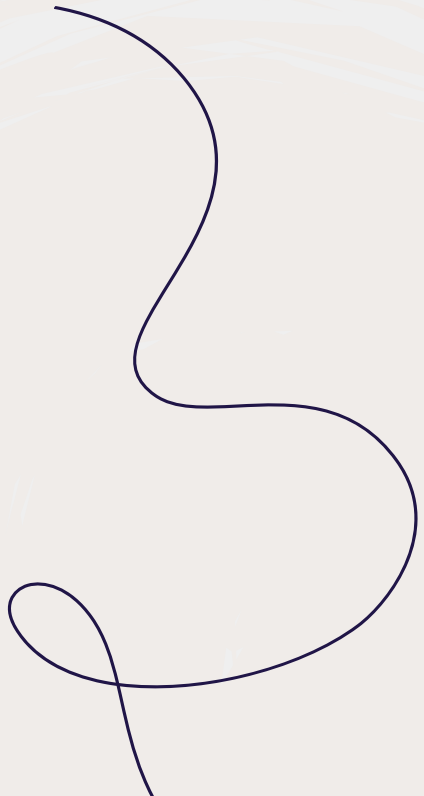
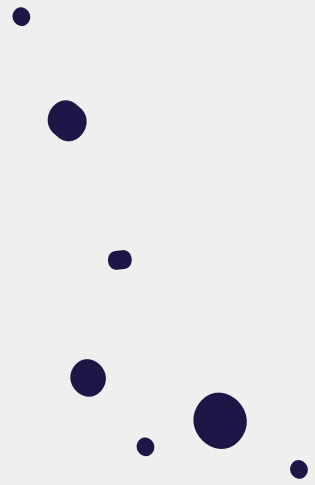
Preparing for Belonging

- *What considerations might you need to be aware of for this person?*
- *What might you need to prepare ahead of time for this person?*
- *What questions would you have for this person?*
- *How would you make this person feel welcome?*



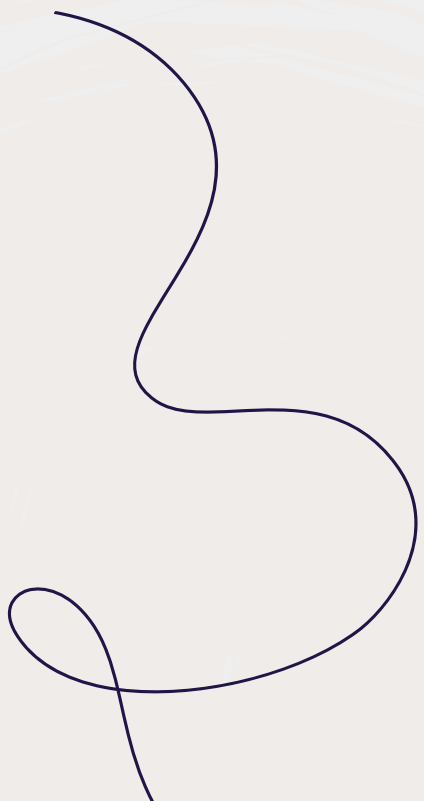
Mindfulness of Body

- *anchors*
- *posture*
- *practice*



Mindfulness in Nature journaling

- What 'portal' moments did you experience?
- Did you notice any ecotones? What did you observe in these spaces?
- How did the natural world influence your experience of mindfulness?



Sunday, January
26th



Mindful Communication

- *What we say*
- *How we say it*
- *How we listen*

Mindful Communication

- *What we say*
- *How we say it*
- *How we listen*

Communicator + Message + Listener = COMMUNICATION

Reflect



What was the point of the activity?

What does it tell us about communication?

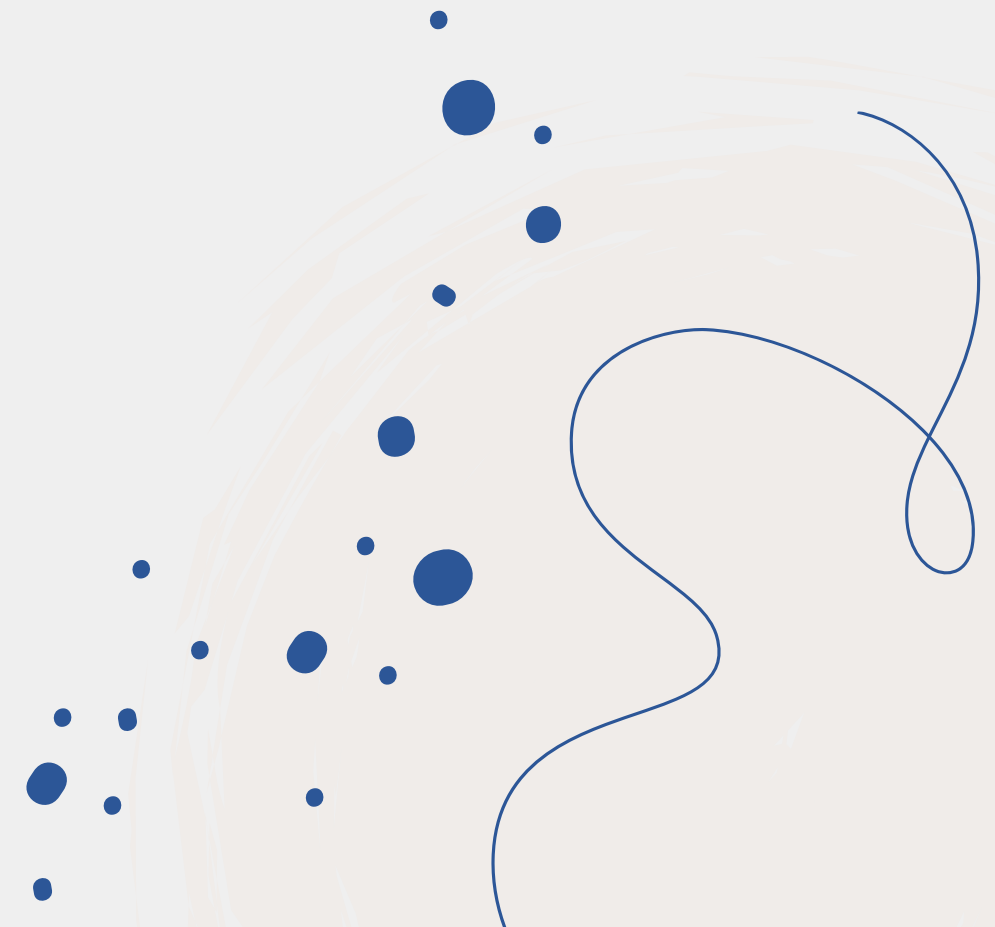
What could have made it better?





Journal

- Think of a time you gave or recieved feedback that went well.
- What made it work?

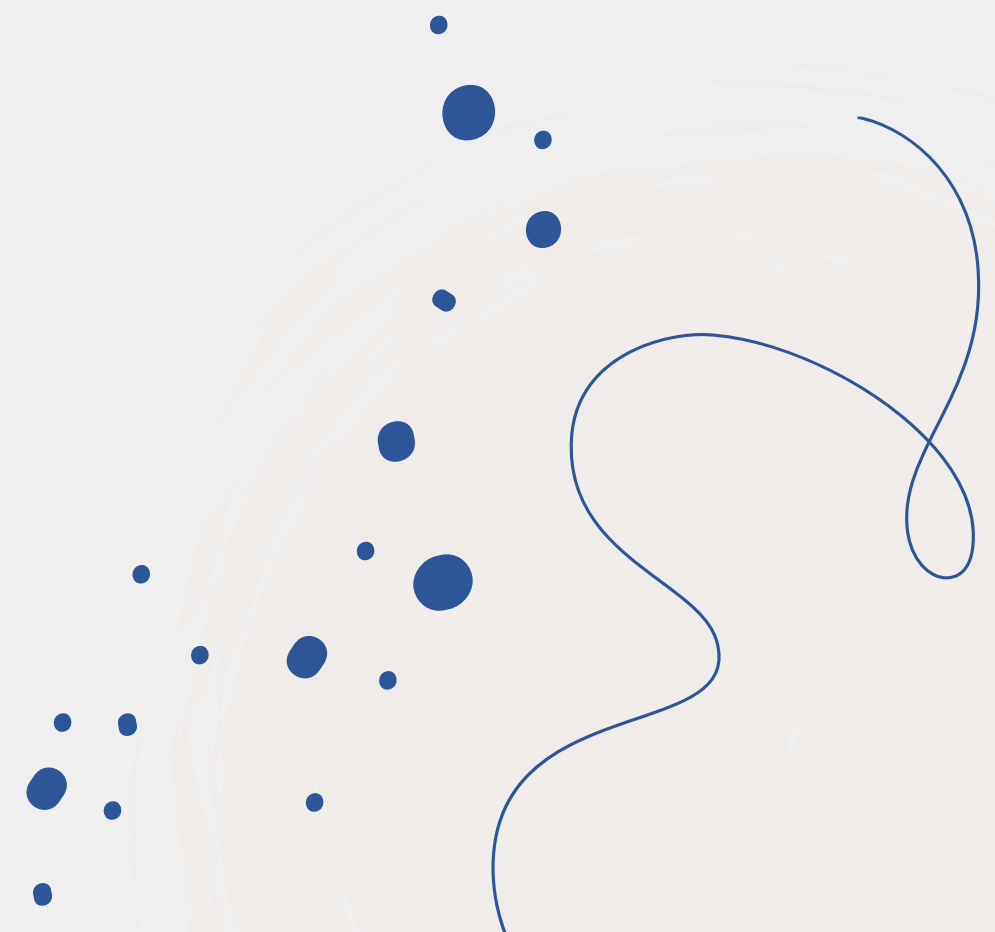




Journal

Think of a time you gave or recieved feedback that did not go well.

What made it not work?





Turn and Talk

What comes up for you when you are going to receive feedback?

Thoughts/emotions?

What comes up for you when you are going to give feedback?

Thoughts/emotions?

What makes it easier to give/receive feedback?





Feedback activity

Prompt: *Explain mindfulness to a teen, parent or colleague (1 min)*

Presenter: *says one positive and one constructive feedback for self (1 min)*

Person B: *gives positive and constructive feedback to presenter (1 min)*

Person C: *gives feedback to person B about their feedback and is timekeeper (1 min)*

