**Medway Mindfulness**

**Mindful by Nature**

**When:** Sunday July 18th, 25th, August 1st from 4.00-5.30 p.m.

**Where:** Meeting at Pilgrims Way, Detling.

**What:** This course will build on the core skills of mindfulness and also include practices from forest bathing. Each week will start with a guided group meditation and mindfulness practice. There will then be a short session where we will think about the practices for the day and then each person will be able to spend time by themselves for their own practice.

 **Week 1. The Power of Trees**. This will aim to develop a much deeper sensory and imaginative relationship with trees and more especially a particular tree that you will choose.

 **Week 2**. **Coming to our Senses**. This week will focus on Proprioception and Interoception, Imaginal sensing, Mirror sensing, Heart sense and Body radar. All of these terms refer to ways we sense our own bodies and our bodies in movement, as well as the movement, sound, and life all around us.

 **Week 3. Invitations in the Forest.** We will explore Air Invitations, Earth Invitations and Fire Invitations. Forest Bathing assumes that there is a reciprocal relationship between humans and the natural world and this session will aim to develop this idea in our own thinking and practice.

##### Application Form

Title First Name Surname

Address

Phone No (day, evening, mob) E-mail

What do you hope to get out of the course?

Please provide details of any experience you have in formal mindfulness training and practice?

Please detail any mobility or other requirements that would need to be taken into consideration in doing a course that is outside and sometimes possibly on steep and/or uneven ground.

This course is run on a donation basis. If you choose to make a donation, please tick your choice:

 **□** I enclose a cheque for £ **□** I have made a transfer for £

Online details: Barclays Bank; account name: Medway Mindfulness, sort code: 20-45-45 Account no. 50093491 reference: ‘MM’ and your name.

**DATA PROTECTION**

Before and during the course I may need to contact. If you consent how would you like me to contact you?

PHONE

 EMAIL

 BOTH OF THE ABOVE

Do you also consent to me contacting you after the course with other details of courses/events that Medway Mindfulness is offering?

 Please tick for Yes

Signature Date