



# idevelop

Program Mindfulness, 5 days

Alicante



## Program Description

Mindfulness is the ability to cultivate direct, open-hearted awareness to what is going on inside and around you in the present moment, without judging or getting carried away by the pressures of everyday life.

The objective of learning the practice of Mindfulness is to provide the necessary tools which you can gradually incorporate naturally into your everyday life, helping you to know yourself better, to live a fuller life, to increase creativity and concentration and to live with a more attentive attitude to your present life.

As teachers, Mindfulness is an outstanding tool to help your students cultivate being present: presence of mind, presence of heart, and presence in the body, qualities that we don't usually cultivate intentionally. Inner calm and mindfulness are needed in order to improve students' performance and, as teachers or professors, to be able to teach well.

## Competences

The skills learnt by the participants during the course can be used to:

- Develop their pedagogical and communication skills.
- Process information better, improve students' attention and concentration, teach them to manage their emotions, reduce anxiety and fatigue, reinforce their self-esteem and social skills, boost empathy and improve their academic skills.
- Learn to process information with a calmer mind, do less multi-tasking so as to actually enjoy living the present moment with a more curious mind.
- Improve the perspectives and development opportunities of each student.

## Methodology

The Methodology used in Mindfulness Practice Programs is a combination of theory and practical exercises; Guided Meditations and Conscious Movements as in Yoga. Material aids should be used: Guided Meditation Audios shared by the group, each participant will need to use a Yoga mat, a light blanket, chair, and should bring comfortable clothing for each session.

## Results

By completing this course, participants will be able to:

- Teach students the qualities of observing and concentrating by focusing on their breathing or body or feelings or whatever is happening in the present moment so as to increase their concentration and reduce impulsive behavior.
- Explore with students new ways to deal with unpleasant feelings and thoughts. Through stories and meditations, the students get in touch with the power of patience and trust.
- Through developing and cultivating compassion, empathy and self-compassion students learn to be aware of unfriendly thoughts and behavior towards themselves and others and learn to practice kindness in their daily lives.
- Through the practice of Meditation and Yoga Exercises students and adults alike are cultivating the "Mind-Body" Connection and Awareness, striving for a more balanced emotional well-being.

## Day by day Planning

### **DAY 1. What is Mindfulness and how we cultivate it.**

9.00-9.30 Welcome Session.

9.30-10.00 Introduction.

10.00-11.00 Mindful eating raisin exercise.

11.00-12.30 The Benefits of Attention to the Breath. The frog exercise.

12.30-13.15 Exploring perceptions of our present moment. Training your attention muscle. Mindful attention.

13.15-14.00 Exercise for young and older children. Listening exercise meditation. Using your senses.

### **DAY 2. Balancing the power of emotions.**

9.00-11.00 Identifying emotions. From your head and into your body.

11.00-12.30 The 4 basic emotions exercise. The connection Thoughts, emotions and body sensations. Limits: stretching and breathing, mindful walking exercises. The spaghetti test.

12.30-14.00 Our reactions to stress. Basic physiology and psychology. The "How do I feel" chart. The lake meditation. What is the climate inside like? Your personal weather report. Drawing an image of your own current weather report exercise. Yoga exercise body scan.

### **DAY 3. Reactions to stress.**

9.00-11.00 Coping mechanisms. Anger management and "difficult Feelings". Acceptance and recognizing feelings. "How you are feeling at this very moment" exercise. "A safe place" audio.

11.00-14.00 "Dealing with difficulty" meditation. Yoga 1 exercises. Ideas to reduce stress through daily mindfulness practice. Audios: practicing with the pause button. "First aid for unpleasant feelings". 3 minutes meditation in moments of stress.

### **DAY 4. Awareness and conscious communication.**

9.00-10.00 Passive, passive-aggressive, and assertiveness. Cultivating a non-judgmental attitude. Yoga 2 exercise.

10.00-11.00 Kindness, a powerful quality; towards yourself and others.

11.00-12.00 Meditation audio: "The secret of the heart chamber".

12.00- "Noticing your kindness" exercise.

13.00

13.00- "I like you because" exercise. Self-compassion, empathy and kindness meditation.

14.00

## **DAY 5. Cultivating acceptance.**

9.00-10.00 Cultivating acceptance, patience, trust and letting go.

10.00-11.00 Ice exercise. Exploring the field of conscious awareness meditation (part 1).

11.00-12.00 Ice exercise. Exploring the field of conscious awareness meditation (part 2).

12.00-13.00 Visualizing your desires, letting go of control.

13.00-13.30 The "wishing tree" exercise. Surfing the waves meditation.

13.30-14.00 GoodbyeSession.