



*Remembering the Present*  
**14-16 May 2021**  
**PROGRAMME**

We will explore mindfulness in the four postures of moving, standing, sitting and lying down. Mindfulness practices will be punctuated by bodywork sessions where limbering and stretching movements will make the physical demands of meditation easier. Please wear loose and comfortable clothing.

Each session builds on the previous one. If you cannot attend the whole workshop, make sure you do not miss Saturday morning.

Please keep in mind that this programme gives a general outline of the workshop. The actual flow of the workshop will vary depending on how participants respond to the programme as it unfolds. Early in the workshop there will be greater emphasis on guided practices and instruction. As the workshop progresses, there will be a shift toward more unguided practice time and discussion of meditation experience.

**Day 1: Friday 14 May**

**Morning**

9:00 a.m. – 12:30 p.m.	Welcome to the workshop. An introduction to mindfulness and its uses. Constructing a comfortable and balanced meditation posture in standing and sitting. Exploring the felt experience of mindfulness, supported by practical exercises and discussion. Discussion & unguided practice period.
---------------------------	---

12:30 – 2:00 p.m.	Lunch break
-------------------	-------------

**Afternoon**

2:00. – 5:00 p.m.	Introducing mindfulness in movement and lying down. Guided practices in mindfulness of body and mindfulness of mind. Introduction to the mindfulness meditation method of Mahasi Sayadaw of Myanmar. Unguided practice period & closing discussion.
-------------------	--



*Remembering the Present*  
14-16 May 2021  
**PROGRAMME**

**Day 2: Saturday 15 May**

**Morning**

9:00 a.m. – 12:30 p.m.	Revising what we have learned so far. Unguided practice – “Settle awareness in your body and then, see what happens.” Mindfulness of body – cultivating precision in awareness. Posture & flexibility. Unguided practice period & discussion of meditation experience.
---------------------------	--

12:30 – 2:00 p.m.	Lunch break
-------------------	-------------

**Afternoon**

2:00 – 5:00 p.m.	What has been learned so far? What needs to be clarified? Mindfulness of breathing. Posture & flexibility. Unguided practice period. Mindfulness of feeling. Closing discussion.
------------------	---



*Remembering the Present*  
**14-16 May 2021**  
**PROGRAMME**

**Day 3: Sunday 16 May**

**Morning**

9:00 a.m. – 12:30 p.m.	Revising what we have learned so far. Unguided practice period. Posture & flexibility. Mindfulness of mind – the thought-stream. Unguided practice period.
---------------------------	--

12:30 – 2:00 p.m.	Lunch break
-------------------	-------------

**Afternoon**

2:00 – 5:00 p.m.	What has been learned so far? What needs to be clarified? Unguided practice period. Posture & flexibility. Mindfulness of emotion. Unguided practice period. Closing discussion.
------------------	---