

..... MINDFULNESS FOR STRESS ONLINE, 8-WEEK COURSE

# Frequently Asked Questions

Answers to your most commonly  
asked questions ...



1 .....

# How long is the course?

- It's a two-month course delivered in eight, weekly online sessions by Annie, an experienced Breathworks teacher, in 2-hour live sessions using Zoom at the same time and same day each week.



# 2



## How do I take part?

- Join a weekly, live, online learning session (recommended).
- Watch, listen to and read learning materials for each week - at a time that best suits you.
- Practice with the meditations - 10 minutes twice a day, for six out of seven days, over the eight weeks of the course.
- Talk to your peers and Annie online about how you're finding the course and how the meditations, mindfulness, and compassion practices are helping you develop mindfulness, calm, and resilience.
- The first week includes some time for orientation. You will need access to the internet via a computer, smartphone, or tablet.



# Where is the course held?

3



- Online. The course will be held in our private Facebook Group and the sessions will be held via Zoom. The group practices and guided meditations will be available online anytime, and you will be able to share reflections and questions with your teacher and group via online discussion in our dedicated private Facebook group.



# What time do I get with Annie?

- Annie's live online sessions offer 20 hours over the 8 weeks and each live session offers a balance of teaching, guided meditation, opportunities for questions, discussion, and help with your home practice. Our private Facebook Group also provides a space to connect with Annie via questions and discussion.



# How do I get the meditations?

- All guided course meditations are provided as MP3 downloads. All our group meditations will be accessed in our Facebook Group.



5



# 6



## How much time do I have to put in?

- You'll undertake daily home practice - 20 minutes of meditation per day. In addition, there's a little reading every week and our weekly online session.
- The course will take place in a private Facebook group with your peers so you can access the group practice, course meditations and group discussions and support at any time, from any time zone.



# Is there a course book?

- The course booklet for your ongoing notes and will be provided to you (sent through the post).
- You can order [The Little Mindfulness Workbook](#) by Gary Hennessey separately from Breathworks or Amazon. It's helpful to have this as a companion to the course.







# Do you offer this course on a 121 basis?

- It is possible to work through the course with Annie on a 121 programme. Please contact Annie for details.



# What else is included?

- Your investment includes the course booklet to support your learning across the course and MP3 versions of all the course meditations. The Little Mindfulness Workbook by Gary Hennessey, the course companion, can be ordered separately by you at an additional cost of around £7 from Breathworks or Amazon.



9



# Do you offer a discount?

- If you join a course at least 4 weeks before the start date you will receive our Early Bird Discount.

10

.....



11

# What's the weekly structure of the course?

- Each week we introduce a formal practice, or develop one we've learned previously. We also introduce an informal micro-practice that you can do in the midst of your daily life including doing something slowly rather than habitually quickly, taking breaks and noticing and letting in the good.




# 12 .....

## What do we cover each week?

Our themes in weeks 1-8 are:

- **What we resist persists:** How can you accept your experience rather than react to it?
- **Coming to our senses:** How can you pay more attention to your senses – body sensations, sounds, sights, tastes – to bring you back to your actual experience in the moment?
- **A penny for your thoughts:** How can you notice thoughts as they arise in your mind and let them go?
- **Your buttons don't have to be pressed:** How can you be with the unpleasant, difficult experiences without allowing them to 'press your buttons'?
- **The pleasure of small things:** How can you notice the small pleasures and good things in your life and let them affect you?
- **The tender gravity of kindness:** How can you foster a warm, gentle and kind awareness towards yourself?
- **Meanwhile the world goes on:** How can you reduce your stress as you develop a more kindly attitude to others?
- **Let life live through you:** How will you continue to practice and benefit from and look after yourself in your future?





"You are the sky.  
Everything else  
is just the  
weather."

Pema Chödrön