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MindfulnessUK  
Teacher Training Centre

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Practising mindfulness is  
just the start,  
Go deeper!

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[www.mindfulnessuk.com](http://www.mindfulnessuk.com)

01823 323206

# W E L C O M E B Y K A R E N A T K I N S O N

Karen Atkinson  
Senior Partner  
Author



The best thing about being the Senior Partner at MindfulnessUK, is that every day I work with a great team who share my vision; and building of a mindfulness community of practitioners and qualified teachers, sharing the transformational potential of mindfulness and compassion with others.

Mindfulness changed my life. MindfulnessUK was founded to teach mindfulness and to train others to teach it too, because I wanted to share that joy with others.

I cannot imagine my life without a mindfulness practice. It empowers me to make choices on a moment by moment basis. It helps me to keep everything in perspective and to be more compassionate to myself and others, always.

My favourite practice differs but my “go-to” practices are body-based. My body tells me so much about how I am right now and I trust that by paying attention and tuning into how my body is feeling and moving, a sense of ease permeates my entire being. I feel aligned with my body, thoughts and emotions and connect with my core values more fully through practice.

Why not join the community today and be a part of a change for good, for yourself and others?

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## OUR STORY

Founded in 2010, MindfulnessUK is an Independent Training Organisation, specialising in Mindfulness and Compassion Qualifications, Teacher Training Courses, and Retreats. We are renowned for offering Mindfulness in an approachable, practical and hands-on way.

We train people from every setting, including health and wellbeing, education, corporate businesses, criminal justice system, charities and much more.

## WHO TRAINS WITH US

## WHO WE WORK WITH



MindfulnessUK is a leader in supporting positive change in individuals, schools, businesses, and local authorities. We also up-skill professionals through regulated, evidence-based and bespoke courses, teaching others to deliver mindfulness and compassion too.

# WHERE WE TEACH

We teach throughout the UK and Europe.

We are a Listed Member Organisation of the British Association of Mindfulness-Based Approaches and a Registered Teacher Training Centre with the Counselling and Psychotherapy Central Awarding Body.

# PROFESSIONAL AFFILIATIONS

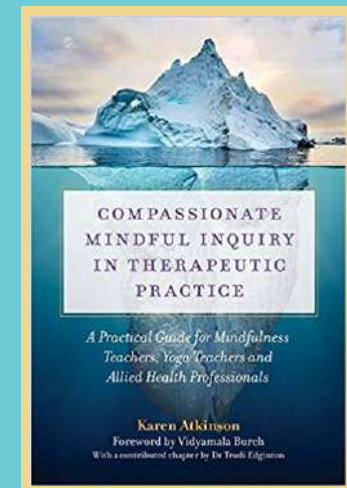


Mental Health  
Foundation

## WHAT WE TEACH

All our teaching and training has Karen's Iceberg Model at its core. Karen's book, *Compassionate Mindful Inquiry in Therapeutic Practice* describes the valuable relationship between mindfulness and compassion.

*"An important contribution to the evolving fields of mindfulness and compassion, both of which are seen as important methods to help alleviate suffering and enable people to live more rewarding lives."* -  
Vidyamala Burch



[Please click here to purchase the book!](#)

# TEACHER TRAINING COURSES



Integrating Mindfulness & Compassion Qualification (IMC)

Mindfulness-Based Stress Reduction  
Teacher Training Programme (MBSRTT)

# I M C QUALIFICATION

A ground-breaking qualification, the first of its kind. The “Integrating Mindfulness and Compassion Qualification” enables others to offer these transformative practices and skills to either individuals or groups.

This is a part-time 200 hour course accredited by the Counselling and Psychotherapy Central Awarding Body (CPCAB). This practical course teaches learners the considerations and applications to work with mindfulness in a compassionate way with clients.

## Course Structure

36 hours of face to face teaching (6 days)  
164 hours of directed learning hours

Learners will be given some specific articles, books and internet resources to study. There will also be assessments and assignments. The course must be completed within 2 years.

## Who is the course for?

Anyone with an interest in integrating mindfulness and compassion into their work and bringing the benefits to customers and clients.

*“Since the course ,much has changed for me personally , I’m incorporating mindfulness so often now that’s it’s become a way of life ,this has brought much relief to issues that before made me worry and bring feelings of anxiousness . I’ve been able to incorporate this awareness within my job role of mental health support worker ,there has been good feedback from others .”*

*Kim Bundock - London 2019*

[Click here](#) to hear from Angie Ward about what to expect from the course

# MBSRTT |

The programme is based on Jon Kabat-Zinn's evidence-based course and takes 12 months minimum from start to finish, but may well take much longer. Throughout the course you will be assessed with elements of the Mindfulness-Based Intervention Teaching Assessment Criteria (MBI-TAC). The intention of the course is to offer mindfulness to groups in the 8-week format.

## Training Pathway Content

Pre-reading

6 days face to face teaching (we deliver through both non-residential and residential training courses)

Recording personal practices

Submission of a portfolio to evidence learning and progression.



## Additional Training Elements (incur additional costs)

Process of Inquiry Workshop

5-day retreat (unless attending residential training)

x2 supervised MBSR courses

For more information on the course [click](#) to watch this short video



# C O N T I N U O U S P R O F E S S I O N A L D E V E L O P M E N T

If you are qualified to teach mindfulness, we offer a variety of Continuous Professional Development (CPD) options from face to face masterclasses to e-learning to retreats and supervision.

**The Process of Inquiry Masterclass** - a one day workshop that is based on Karen's book, (2020) "Compassionate Mindful Inquiry in Therapeutic Practice: A Guide for Mindfulness Teachers, Yoga Teachers and Allied Health Professionals", Jessica Kingsley Publishers

**E-learning** - a variety of options to broaden your expertise and reach new audiences:

- Mindfulness for children and young people
- 8-week Mindfulness-Based Stress Reduction Course
- Process of Inquiry Course

**Retreats** - we offer 5-day silent retreats and all of our retreats adhere to the Good Practice Guidelines for Mindfulness Teachers.

**Alumni** - all of our graduates are invited to join our Alumni community, by becoming a member you benefit from being part of a supportive network of like-minded individuals and receive an amazing 10% off all courses, retreats, e-learning and workshops you sign up for.

**Mindfulness with Children & Young People Workshop** - This workshop teaches you all you need to know about working with children and young people. Most of the day is spent learning and playing with an extensive resource pack.

Please click on any option to find out more!

# RETREATS |



Our retreats nurture the mind, body and soul. We offer a unique experience, combining mindfulness and compassion to ensure you leave feeling grounded, calm and joyful.

Led by our experienced and friendly teachers, you will spend your days in silence, experiencing mindful movement, compassion practices, with the chance to relax in beautiful surroundings and countryside, sleep in first-class accommodation and enjoy delicious and fresh vegetarian meals.

If you are already a teacher or training to be a teacher, then our retreats will deepen your learning, and give you the opportunity to experience new practices and inquire into their effects enabling you to then teach these practices to your clients.



More information about each retreat can be found on our website. Or [click here](#) to hear why Karen chose [Sharpham House](#) for our 2019 Autumn retreat and 2020 Autumn retreats.

# ALUMNI |



The Alumni Community was created for graduates to enable them to continue feeling supported and connected to MindfulnessUK and each other.

It offers:

- Peer to peer support
- A sitting group
- Free 1-day workshops
- 10% off CPD & Retreats
- Additional teaching material
- Facebook Group
- Opportunities to connect
- Professional Insurance



[Hear more](#) from Karen about the benefits of joining the Alumni.



## WORK WITH COUNCILS, SOCIAL WORKERS & CARERS

Our experienced team work with foster carers, education staff and public health and social care departments to recognise how Mindfulness & Compassion can support the mental wellbeing of their teams and clients and teach them tools to integrate mindfulness into their teaching and programmes. Our experienced teachers Angie Ward and Anna Elliott lead the training in this area and have a wealth of experience and knowledge and are available to discuss what the best programme would be for you or your organisation.

*"In the past, I've hit a wall with stress and have been unable to look after others in my usual way. Learning Mindfulness and Compassion skills has helped me become more aware of when I am stressed much earlier and to be kinder to myself as well. I have learnt simple ways to bring these skills in to daily life and continue in a caring role."*

MindfulnessUK trained parent carer

# MINDFULNESSUK @WORK



Our team, Karen, Vera and Steph are the faces of MUK@Work and between us we have experience working in the corporate world. We work with business leaders, delivering mindfulness programmes to a diverse portfolio of clients and are experienced mindfulness practitioners - so we really know our stuff!



We are able to work in businesses to shape a programme that will deliver the objectives of the People agenda - this could be an Introduction to Mindfulness, 4 week series of workshops, the 8-week MBSR or a bespoke programme.

If you are interested in bringing enhanced wellbeing into your workplace please [contact us](#)

# ONLINE & E-LEARNING COURSES

The Mindfulness-Based Stress Reduction Course can be accessed from the comfort of your own home either via [online](#) or [E-Learning](#) formats.



For more information and dates [visit our website](#)

# Charities |

We support a number of charities including:

A) Sponsoring a polar bear through the WWF. We have a representative cuddly toy called Croyde that we keep at the Centre and take with us to shows, workshops and teachings. He is called Croyde because we regularly deliver teaching to Unison Members at the wonderful Croyde Bay Centre in North Devon.

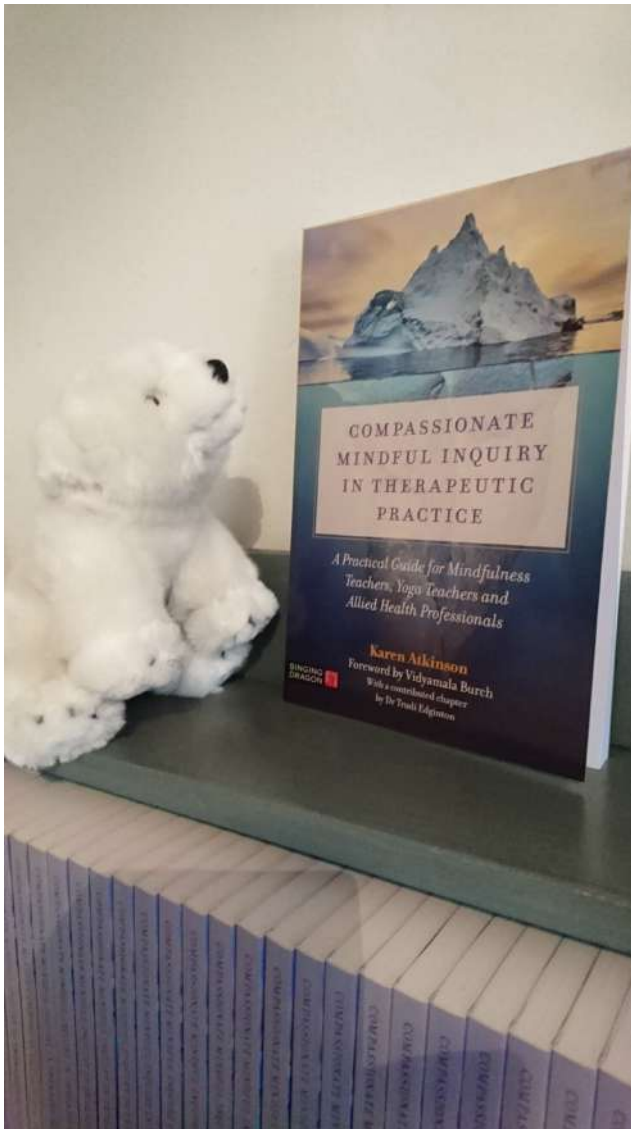
B) The Wednesday lunchtime drop-in meditation sitting group, run by Andy Wistreich and open to all, raises money for a Maternity Unit in Tibet, saving the lives of mothers and their babies. We are currently raising money to buy them a new ambulance!

C) Every month MindfulnessUK donates to Unicef, an international organisation that supports children within the UK and the world. In particular, we support the distribution of a nut-like paste that feeds infants and children in Yemen, preventing them from dying of starvation.

D) We give monthly offerings to the Venerable Amy Miller, a Buddhist nun who travels the world teaching others about promoting health, wellbeing and transformation through sharing the teachings of the Buddha.

E) The Beacon Centre, the Oncology Unit at Musgrove Park Hospital, has free use of the Centre's therapy rooms and meeting/ teaching room at any time.

F) We have a donation station at the Centre where all food and other items support the local Womens' Refuge.



# OUR TEAM



**Karen Atkinson**

- Co-founder & Senior Partner

**Angie Ward**

- Head of Teacher Training

**Anna Elliott**

- Course Tutor

**Charlotte Crawley**

- Office Administrator

**Stephanie Unthank**

**Anna Taylor**

**Dawn Lister**

**Caroline Petit**

**Vera Dubrovina**

-Tutors / Associate teachers



# CONTACT DETAILS



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