



Group Outline

WEEK ONE: Introduction

- Mindfulness can mean different things to different people.
- What is mindfulness? What are the benefits of mindfulness practice?
- We will start with very basic mindfulness practice, such as focusing on our breathing.

WEEK TWO: Visual/Auditory Mindfulness

- Being mindful of what we see and what we hear.
- We'll be mindful of objects and of sounds.
- We will practice focusing all of our attention on our surroundings.

WEEK THREE: Emotional Mindfulness

- Focus on our mental or emotional landscape.
- How do we know what we feel?
- How much attention do we pay to our emotions?
- We will work on being accepting of all our emotions, even the negative ones. Rather than pushing away emotions, we will practice just sitting with them.

WEEK FOUR: Kinetic (Body) Mindfulness

- Focus on the sensations in our body.
- How often do you pay attention to how your body feels?
- We will practice using many senses, including taste to help focus our attention on our bodily sensations.

