

Barbara A. T. Wilson, August 11, 2020

## **Mindfulness Meditation Teacher Certification Program**

### **Class of 2021**

Practicum Approval Form

Introductory Course

### **An Introduction to Mindfulness Meditation and Benedictine Spirituality**

Session times and dates (negotiable) Saturdays, 4 PM-5:30 on 10/10; 10/17; 10/24;  
10/31

#### **Overview and description of the course**

A brief overview of mindfulness and mindfulness meditation as taught at the Mindfulness Meditation Teacher Certification (MMTCP), The Greater Good Science Center at the University of California, Berkeley. The goal is to help Christians to see the similarities and ultimate value of mindfulness meditation as an adjunct and basis for personal spiritual growth.

#### **Detailed outline of the course curriculum:**

##### Session One Outline

<u>Time (minutes)</u>	<u>Cumulative</u>	<u>Activity</u>
5	5	Welcome
10	15	"Settling in" meditation-Intro
to Meditation		
10	25	Class Overview: Here and
Now Issues;		
		Expectations & Reassurances
10	35	Participant Introductions

10	45	What is Mindfulness?
10	55	What is Benedictine Spirituality &
Why		include It in Mindfulness Intro?
5	60	Introduction to Body Scan
15	75	Body Scan
5	80	Group Process
10	90	Wrap-Up, Homework: Read the
Prologue		to the Rule of St. Benedict
(Handout)		Daily 5 Minute Settling-in
Meditation or 15		Minute Body Scan

### Session Two Outline

<u>Time (minutes)</u>	<u>Cumulative</u>	<u>Activity</u>
5	5	Welcome and Check-In
15	20	Awareness of Sounds Meditation
10	30	Benedict: Listening with the Ears of
the		Heart (talk)
10	40	Intro to Dyads/Small Group Check-
Ins:		Mind & Heart-full Listening &
Speaking,		

		2 minutes each
10 from	50	Group Process: Q & A, and follow up  previous week
5	55	Intro to Mindfulness & Breathing
15	70	Mindfulness of Breathing practice
10	85	Group Process
5 minute	90	Wrap-Up and Homework: Daily 10  Awareness of Sounds Meditation or Mindfulness of Breathing Meditation

### Session Three Outline

<u>Time (in minutes)</u>	<u>Cumulative</u>	<u>Activity</u>
5	5	Welcome and Check-In
5 Walking	10	Introduction to Mindful
10	20	Mindful Walking Meditation
10	30	Group Process: Q & A, etc.
20	50	Slide Presentation re Benedictine Spirituality:  Obedience, and Conversion of
10 Stability,  Life	60	Small Group Check-in

10	70	Group Process conversation
15	85	15 minute guided Mindfulness of Breath
Meditation		
5	90	Wrap-up and homework
assignment:		
meditation of		10-15 minutes daily of
sound,		one' s choice (Mindfulness of
meditation)		breath and/or walking

#### Session Four Outline

<u>Time (in minutes)</u>	<u>Cumulative</u>	<u>Activity</u>
5	5	Welcome
10	15	Mindfulness of Emotions and Feelings
10	25	Mindfulness of Thoughts
15	40	Meditation: Mindfulness of Thoughts, Emotions and Feelings
10	50	Small Group Check-In
10	60	Group Process Discussion
10	70	Mindfulness in Daily Life

10

90

Review, Recap, and Closure