

Five-day Retreat for Mindfulness-based Supervisors

31 Aug – 4 Sept 2019
at Emerson College, East Sussex



This brand-new supervisor retreat will bring mindfulness-based supervisors together to practice, reflect and explore within a silent mindful container. Aspects of mindfulness-based supervision will be held lightly as a framework as we dip into interpersonal practice. The core curriculum will be the immediacy of personal experience.

The retreat will include periods of guided and self-directed practice, relational mindfulness practices, short talks, sustained periods of silence and group meeting with the teachers and other retreatants. Please see the requirements to attend on the website.

All-inclusive rate (includes deposit room, board and teaching): £650 for a private room

About the retreat facilitators:

Alison Evans has a passionate interest in Mindfulness-based Supervision and focuses her work in this area as both the Supervision Lead in The Mindfulness Network and Supervision Trainer with CMRP at Bangor University. As a long-standing practitioner, she is interested in exploring the depth and potential of practice in relation to work within the MBI field.

Julia Wallond trained in MBCT at Exeter University, graduating in 2011, and since then has taught MBCT and MBSR in a wide variety of settings. She has been a supervisor with The Mindfulness Network since its foundation. She has a long-standing meditation practice, and attended regular retreats at Gaia House since 2005, including a 3-month personal retreat.

Both are on the Bodhi College [teacher training pathway](#).

For more information and to apply online, please go to
www.mindfulness-secular-retreats.org.uk/course-information/?id=620