



MRE Level 1, Part 2: Teaching Mindfulness to Individuals

Online Sessions

Overview

This 5 week online training course provides an experiential training in teaching mindfulness to clients in a 1-2-1 context. Together with MRE Workshop 1 it offers a very flexible way of teaching mindfulness that works with the specific needs of clients.

Dates: Monday evenings , 6.30-9.30pm
October 11th, 18th, 25th, November 1st & 8th

Please see www.mre.re for further details of this approach.

Prerequisite

Attendance on MRE LEVEL 1 Workshop 1: Introduction to trauma sensitive mindfulness and MRE Conversion Course.

Facilitators

Tim Duerden & Annette Dunn

Fee

£195

Register

<https://mrepart2.eventbrite.co.uk>

Online
Sessions

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