



Certification in Mindfulness & Meditation (FB+ Module One)

Course Overview

Introduction to Meditation and Mindfulness for FB+ guides. This is Module One of the two-module FB+ guide course as offered by TFBI.

Mindfulness and meditation practices underpin FB+ session so it is important guides understand why this is and how it works. Additionally, developing self-practice can significantly enhance a guide's ability to empathise with and care for FB+ participants, build resilience and take care of their own needs.

The aims of this Module

- Understand the science and theory behind mindfulness practices and why it underpins FB+ sessions
- Develop your self-practice and self-awareness
- Be able to guide others in mindfulness and meditation practices

About this course

Mindfulness exercises in FB+ sessions

FB+ sessions have been designed to incorporate the benefits mindfulness. FB+ uses a series of mindfulness-based exercises (sensory and others) which have been shown to facilitate a greater state of awareness and deeper connection with nature. This means participants are given an opportunity to gain maximum potential benefits from the session.

Guides need to understand the theory behind mindfulness and have experience of mindfulness practices themselves in order to design and lead mindfulness and meditation during FB+ sessions.

Self care and empathy as a FB+ Guide

Building a strong meditation and mindfulness self-practice can be an essential part of self-care. Self-care is the foundation for leading deeply therapeutic FB+ sessions. It ensures that you have a greater capacity to deal with the participants' needs as well as ensuring you are taking care of your own needs. This approach can make you a much more thoughtful and receptive guide as well as nurturing yourself within this caring profession, especially if you are planning to lead FB+ sessions regularly and for a long time. Feeling burnt out is an ever-present danger within caring professions, self-care forms the foundation for a long term reliable and stable guide.

Why does this course teach the Eight Limbs of Yoga?

Often described as 'the roadmap to mind', the Yoga Sutras, including the Eight Limbs of Yoga, have been successfully practiced by 100's of millions of people across the world for thousands of years. They provide a step-by-step practical guide on how to create a regular meditation and mindfulness self-practice, and also achieve and retain a state of mindful awareness (which, is a big part of FB+ session).

There are many different mindfulness and mediation-based systems which Gary and Olga (TFBI Founders) see great value in and feel a deep respect for, but having initially trained in India as yoga teachers, they found the 8-limbs system resonated most deeply. They have personally found this system critical to achieving a state of mindful awareness in daily life and when leading FB+ groups. Furthermore, they believe once correctly understood it is relatively easy to follow, as well as providing a reliable way of achieving and retaining a state of mindful awareness. This is why they chose the Eight Limbs of Yoga as the system of mindfulness and meditation covered in this course.

Certification

At the end of the course, you will receive a **TFBI certificate in completion of Module One: Introduction to Meditation and Mindfulness for FB+ guides - Developing self-practice and self-awareness**. This certificate will allow you to proceed to Module Two of the two-module FB+ guide training.

Please, note that you will only receive a certificate of completion – if you would like to teach mindfulness and meditation to others after this course, you will need to do extra training.

Course Delivery and assessment

Training will commence with 3-days online training and 6-months ongoing self-learning period. There are also 2 x 1.5 hour online group calls (one after the three day training and one towards the end of the 6 months self-learning period) these are designed to provide additional guidance and answer any questions that have arisen but are optional.

During the 6-months self-learning period, students are required to conduct 6 sessions with one volunteer (one per month) and to submit a written summary each time. These are reviewed by a teacher and feedback provided. The final session will also be observed by a teacher as part of the practical assessment.

At the end of the self-learning period students will be asked to sit and pass a theory exam, this will certify completion of Module One.

Please note: Before starting the self-learning practical sessions students are asked to do a First Aid training course and ensure they are covered by appropriate student insurance (these are not provided by TFBI, but providers can be found across the UK).

We recommend outdoor first aid training during module two.

Who is this course for?

This course is suitable for people of all backgrounds. We aim to make this course as diverse as possible and, as part of our team, we highly value diversity and equality.

Students should be aware that Module One is based on the Eight Limbs of Yoga (Please see the section 'Why does this course teach the Eight Limbs of Yoga?' for more information), this can involve the use of Sanskrit language, mantra chanting, and mentioning of the history of mindfulness and meditation in some traditions, including Buddhism.

We would like to assure you that you do not need to use the Sanskrit language unless you feel drawn to do so, and you won't need to chant mantras unless you want to. The aim of this course is to provide you with options and ways of understanding and accessing the benefits of mindfulness and meditation. At all times we encourage you to keep only what you enjoy.

If you have any questions or concerns about this please feel free to contact us to discuss.

Costs and Payment terms

The cost of the course is listed on the TFBI website under the page Training costs.

A place on our course is only secured upon receipt of payment. Please be aware the courses do sell out; we limit course participant numbers to ensure we deliver a quality experience to everyone attending.

Should you need to re-schedule the course we will be happy to transfer your deposit to another course date. Please see the document Transfers and refunds for the full details and costs. This document is available on our website The course price includes manuals, training and assessments.

The fee does not include travel expenses, accommodation costs, meals, insurances, additional training courses or any additional outlay.

Respect for cultures and traditions

We would like to assure you that our Module One teachers are appropriately trained in the modalities they teach, and also have great respect for the teachings they present as part of the course. As part of the TFBI team ethos, we highly encourage self-practice and embodiment of the teachings, hence, we ask our teachers to be able to practise the techniques they teach.

Furthermore, our teaching staff are focused on self-development and ongoing training, ensuring they develop a deeper understanding of the traditions they teach, as well as developing a better ability to instruct others. We welcome and act upon feedback received and invite any comments to improve what we offer.

Pre-requisites for the Course

- Basic understanding and practice of mindfulness and/or meditation
- Being comfortable with the process of self enquiry. The process of self enquiry/ reflection can be difficult to start with. Mindfulness and meditation challenge us to look at the core beliefs about our self and the world around us. If you have any questions or concerns about this area, please speak with the course leader.

Next Course Dates

Please see the website for the next scheduled dates <https://tfb.institute/course-dates/>