

Mindfulness Meditation

an introductory course (RFS)

Mindfulness Meditation is a serious undertaking and this course covers all there is to know on theory and practice.
Sections covered by this course are listed below.

1. Daily sitting

The practicals will cover:

- weekly guided instructions on a group online setting (30 minutes)
- individual sitting per day (20, 30 or 45 minutes)
- submit an online log entry of your sitting that comprises (20, 40 or more words)

2. Personal Guidance

Receiving daily instructions for submitted log entries

instructions helps the participant to adjust their practice daily which creates a progression towards the following week's module

3. Weekly sessions

The weekly session will cover:

- weekly guided instructions on a group online setting (30 minutes)
- lecture covering the specific module in a form of meditation talk (unlike lectures with notes taking, the practitioner is encouraged to listen as an experience.)

4. Evaluation and Assessments

Measurements for course completion include:

- evaluation of individually submitted log entries
- successful completion of a written test to request a Certificate of Course Completion