Action Plan

This corresponds directly to the five sections of the Spiral Signature with responses that relate across.

What actions can I take that will lift my mood,
give me energy and nourish me or give me a sense of mastery/satisfaction
in response to the different levels of my spiral signature?

1. Early warning signs

2. ...and then?

3. ...and then?

4. ...and then?

5. The bottom of them all

Teaching plans: Two-and-a-half hour sessions

Week 1 – Automatic Pilot: Meeting Mindfulness	
Total time: 2 hours, 30 minutes (individual timings may add up to less to allow flexibility)	Time in Minutes
Welcome and Introductions	
■ Diversity welcome: brief outline of session	5
■ Ground rules: confidentiality; choosing own level of participation; looking after yourself	5
■ Brief grounding: Feet on the Floor ■ Participants' introductions (brief, maybe in pairs or threes): name; what I hope for from the course?	10
■ Community-building exercises	10
The Heart of Session One	
■ Intentions practice: *What is it that really matters to me, that this course might support?* Sharing in new pairs or threes – then large group (if time)	10
■ Intentions letter and simple well-being questionnaire: sealed in envelope; kept with others for Week 8. For their eyes only. (Optional and if time.)	10
■ Raisin practice	20
■ Mindfulness definition and discussion: on flipchart or whiteboard. What were the particular ways that we were paying attention to the raisin? Write ideas around definition.	10
■ Rilke poem: River metaphor as a way of acknowledging cancer in the room and the nature of change	10
■ The Pause: guide	5
■ Body Scan and inquiry (brief)	30
Ending the Session	
Workbooks and links to audio practice recordings. Everyone has their own/different systems.	
Week 1 home practice	
Core: Body Scan Brief: Feet on the Floor Brief: The Pause Everyday/Informal: Routine activity such as brushing teeth, mindful eating/drinking	5
Reviewing and appreciating	
Brief go round (if time): What are you taking away? Or how are you feeling right now?	5
Feet on the Floor and a Pause: and warm appreciation of the group	5
Resources	
Small envelopes and large foolscap envelope with sticky tape Raisins in bowl with spoon Workbooks	

Week 2 – Mind Wandering: Coming Back	
Total time: 2 hours, 30 minutes (individual timings may add up to less to allow flexibility)	Time in Minutes
Welcome and Reconnecting	
■ Warm diversity welcome and check-in	5
■ Remember ground rules: choosing participation and confidentiality	5
■ Brief Grounding: Feet on the Floor	5
The Heart of Session Two	
■ Body Scan and inquiry (Intention for this class at start, as they settle into position on floor/in chair with breath): gentleness key – breathing into an area that needs attention at the end, if this feels OK	35
■ Inquiry: focus on Body Scan just completed, then back through the week's Body Scan practices, and brief practice of Feet on the Floor	10
■ Reviewing home practice: routine activities in small groups/breakout rooms of groups of three. Then: *What was it like to get down to practising at home? What was helpful?*	*10*
■ Reviewing home practice: brief gathering in the large group	10
■ Walking Down the Street exercise: Flipchart required. Feelings and interpretations of an event. Situation (A) results in a feeling (C) without awareness of the thoughts/narrative that links them (B) – A + B = C	20
■ Introducing the Blob: for Pleasant Experience Exercise home practice. *What gives me pleasure?* – remember the ordinary.	5
■ Guide Coming to the Breath: guide new brief practice and short inquiry. *How is the breath?* Alternative is Hand on the Belly Breathing.	10
■ Week 2 Teaching if not already covered: discovering that the mind wanders much of the time, often influencing us just under the surface of our awareness. *Coming Back* with gentleness and patience	10
Ending the Session	
Give out sticky dots for practice reminders	
Week 2 home practice	
Core: Body Scan Brief: Coming to the Breath/Hand on the Belly Breathing (new), Feet on the Floor and The Pause (again) Everyday/Informal: Another routine activity Exercise: Pleasant Experience every day using The Blob	5
Reviewing and appreciating	
■ Brief go round (if time) – What are you taking away? Or how are you feeling right now?	5
■ Feet on the Floor and a Pause – and warm appreciation of the group	5
Resources	
Sticky dots	

Week 3 – Limits and Edges: Mindfulness of the Body in Movement	
Total time: 2 hours, 30 minutes (individual timings may add up to less to allow flexibility)	Time in Minutes
Welcome and Reconnecting	
■ Warm welcome and one-word check-in ■ Brief grounding: Feet on the Floor and The Pause ■ Touching into ground rules	30
The Heart of Session Three	
■ Mindful Movement: starting with a standing posture (Standing in Mountain), lots of choice, dwelling at the edges/exploring personal limits/bringing Kindness into the practice, awareness of areas of pain/surgery/treatment – areas we protect. Gentleness is key. Befriending the body	30
■ Inquiry/Reviewing home practice: focus on the Mindful Movement just completed, then back through last week's Body Scan practices and Coming to the Breath/Hand on the Belly Breathing (new brief practice)	10
■ Reviewing home practice: into small groups/breakout rooms to discuss The Pause, Feet on the Floor and routine activity from last week	5
■ Reviewing home practice: gather in large group. *What was it like doing the practice this week?*	5
■ Pleasant Experience Exercise with The Blob: Mapping the experience and focusing on bodily sensations. Watch for moments of sadness and anticipatory loss with this population. *'What does it take to simply enjoy the (pleasant) moment'?*	15
■ Simple Breathing Space: Feet on the Floor, The Pause and Coming to the Breath/Hand on the Belly Breathing	10
■ Simple Breathing Space: talk with new partner/in threes to decide 'When will I do this? Plan for three times a day	5
■ Sitting Practice: brief, introduce if time	
Ending the Session	
Week 3 home practice	
Core: Alternating Body Scan with Mindful Movement Brief: Simple Breathing Space (new) Feet on the Floor, The Pause and Coming to the Breath (again) Everyday/Informal: Another routine activity	10
Exercise: Unpleasant Experience every day using The Blob	5
Reviewing and appreciating	
■ Brief one-word go round (if time): What are you taking away? Or how are you feeling at the end of this session? ■ Simple Breathing Space (very brief) and warm appreciation of the group	5

Week 4 – Patterns of Reactivity: Learning to Respond	
Total time: 2 hours, 30 minutes (individual timings may add up to less to allow flexibility)	Time in Minutes
Welcome and Reconnecting	
■ Warm welcome and brief check-in	5
■ Brief grounding: maybe Feet on the Floor and The Pause ■ Touching into ground rules, if felt necessary	5
The Heart of Session Four	
■ Sitting Practice: starting with grounded posture, then the breath or choice of anchor, the body as a whole and choices around how to respond to intense sensations, bringing gentleness and kindness into the practice	30
■ Inquiry: focus on Sitting Practice just completed, especially intense sensations	15
■ Reviewing home practice: last week's Body Scan/movement practices and Simple Breathing Space (SBS). Guide SBS to remind	10
■ Reviewing home practice: option of small groups/breakout rooms for Feet on the Floor, The Pause, Coming to the Breath and everyday informal practices, then gather briefly in large group	10
■ Unpleasant Experience with The Blob:	
■ Mapping the experience: two examples from group, if time. Spot what was it that made it *more unpleasant*/aversive	10
■ *What are we learning that could help in a situation like this?:* From what we have learned so far, how can we respond to the unpleasant – *use of brief practices*	10
■ 'Classic' ways that we react: flight/fight/fix/freeze/feed reactions	10
■ Three-Step Breathing Space (3SBS) (regular) and brief inquiry: include hourglass shape, and mention using 3SBS or SBS at a difficult moment > for a responding space	10
■ The Vicious Circle of Anxious Preoccupation: share model and discuss with links to unpleasant experience learning. *How can we respond?* Recap responding options (see Unpleasant Experience Exercise with The Blob)	10
Ending the Session	
Week 4 home practice	
Core: Alternating Sitting Practice with Mindful Movement or Mindful Walking Brief: Three-Step Breathing Space (new) Choose two or three brief practices to focus on this week Everyday/Informal: Another routine activity and practice a Pause with something Pleasant	10
Reviewing and appreciating	
■ Brief one-word go round (if time): What are you taking away? Or how are you feeling at the end of this session? ■ Simple Breathing Space (very brief): offer warm appreciation of the group	10

Week 5 – Gently Being with the Difficult: Turning Towards	
Total time: 2 hours, 30 minutes (individual timings may add up to less to allow flexibility)	Time in Minutes
Welcome and reconnecting	
■ Warm welcome and brief check-in ■ Brief grounding practice to start ■ Touching into ground rules, if necessary	10
The Heart of Session Five	
■ Sitting Practice: plenty of grounding and settling, Intention, then the breath or choice of anchor, then offering choice of Turning Towards with mild-to-moderate current challenge difficulty, and bringing presence and kindness into felt sense of challenge in the body	35
■ Inquiry: with a focus on practice with difficult	15
■ Reviewing home practice: last week's movement and sitting practices, Three-Step Breathing Space and whatever brief practices they chose to focus on	15
■ Halfway review: *How are you finding it? Are there any surprises? How can you make the most of the rest of the course?* Reflect in small groups/breakout rooms then gather back in the large group	10
■ The Sea of Reactions: write words that describe personal unhelpful reactions to times of stress, one on each piece of paper and place on the floor if *in person*, or adding to whiteboard if *online*	10
■ The Sea of Reactions: choose one word each to focus on (not necessarily your own) and notice impact of this word, especially in the body. Working in pairs, describe to partner how this feels *in the body* (Body Barometer), then change over. Help partner to stay in body, not move into story of stress reaction	10
■ The Sea of Reactions: gather in large group and teach around the Body Barometer	10
■ Three-Step Extended Responding Space: bringing body barometer explicitly into the *first step* and gentleness into the *third step* with *'It's OK. Whatever it is, let me feel it',* followed by brief inquiry ■ Another brief practice at any point in the class when needed, such as Simple Breathing Space	10
Ending the Session	
Week 5 home practice	
Core: Alternating Sitting Practice with Mindful Movement, Mindful Walking or Body Scan Brief: Three-Step Extended Responding Space (including the Body Barometer) (new) Choose *different* brief practices to focus on this week Everyday/Informal: Another routine activity/pause with something you enjoy	10
Reviewing and appreciating	
■ Brief one-word go round (if time): What are you taking away? Or how are you feeling at the end of this session? ■ Simple Breathing Space (very brief, with Body Barometer added to the pause section): offer warm appreciation of the group	5

Week 6 – Thought Are Not Facts: Learning to Let Thoughts Come and Go	
Total time: 2 hours, 30 minutes (individual timings may add up to less to allow flexibility)	Time in Minutes
Welcome and Reconnecting	
■ Warm welcome and brief check-in ■ Brief grounding practice to start – maybe the Three-Step Breathing Space ■ Touching into ground rules, if necessary	10
The Heart of Session Six	
■ Sitting Practice: sitting in grounded mountain posture, then breath/anchor, body as a whole, hearing and also thoughts ('sky of mind' with 'weather patterns' coming and going), then including current mild-to-moderate challenge, and bringing gentleness and Kindness into felt sense in the body	30
■ Inquiry: with focus on practicing with a current challenge and with thoughts and thinking	20
■ Reviewing home practice: Three-Step Extended Responding Space, Simple Breathing Space with Body Barometer in first step.	10
■ Reviewing home practice: small groups/breakout rooms for last week's choice of core practices and brief practices. What did they do? Gather in large group	5
■ Curriculum exercise – John was on his way to school: to illustrate that the mind loves to tell stories and we make meaning and change it out of the information we get	5
■ Curriculum exercise – The Seed of Reality: link to a cancer example, e.g., waiting in the clinic. ' Stories' into the cloud around The Seed of Reality. Perception is influenced by mood/mind state. Thoughts are not *necessarily* facts. Link back to Session Two – Walking Down the Street	15
■ Curriculum exercise – The Seed of Reality: process in large group: ■ Share thoughts/themes, normalize, add to flipchart or whiteboard ■ The effect of mood. Thoughts Are Not Facts – changing like weather patterns > Sitting Practice and Vicious Cycle of Anxious Preoccupation ■ What can we do when these patterns arise?	10

Day of Practice Programme Sample – Courage to Turn Towards with Gentleness

Total time: 4 hours to 4 hours, 30 minutes[1]

WELCOME

- Availability – silence. Opportunity to be with ourselves – to be aware. Intention – no need to do it right. Look after yourselves. Aspects of positive and negative – working with them all just the same – curiosity. Set up friendly wishes.
- Poem/Story
- SITTING PRACTICE: breath, body > sounds
- Poem/Story
- MINDFUL MOVEMENT
- BODY SCAN
- Poem/Story

LUNCH

- WALKING PRACTICE: guided – getting quicker. Notice what avoiding. Notice what drawn to. Outside if possible.
- THREE-STEP EXTENDED RESPONDING SPACE (Standing in Mountain): at some point in the middle of walking
- LAKE or MOUNTAIN PRACTICE
- Story
- SITTING PRACTICE: more silent – if time at this point sit/walk/sit/walk
- GREEN TEA AND STRAWBERRIES: S. Levine story abridged, or another theme – nice to have adapted raisin practice such as with strawberries
- Kindness Practice with Friendly Wishes
- Dedication
- Break silence: in pairs, then fours, then whole group
- Share one word that describes how you are feeling now

Farewell and close

Please adapt your programme to suit you and your group.

It is important to ensure that everyone is grounded and in a good space to leave for home (if in person).

1 Timings have been proposed for guidance for practices only. The format and timings of the session are up to the teacher.

Week 7 – Planning Ahead: Taking Care of Ourselves	
Total time: 2 hours, 30 minutes (individual timings may add up to less to allow flexibility)	Time in Minutes
Welcome and Reconnecting	
■ Warm welcome and brief check-in ■ Brief grounding practice to start – maybe the Three-Step Breathing Space	5
The Heart of Session Seven	
■ Standing Practice: maybe scanning the body, starting with the head ■ Sitting Practice: plenty of grounded awareness of base of body, then the breath/anchor, whole of the body, hearing, then Turning Towards a moderate challenge again, closing with whole body breathing	25
■ Inquiry: with particular focus both on what is difficult and on last week's experience of thoughts and thinking	10
■ Day of Practice: experience for those who came	15
■ Reviewing home practice: into small groups/breakout rooms for last week's Body Scan/Mindful Movement/Sitting Practices	5
■ Reviewing home practice: gather in large group and reflect on how brief practices and breathing spaces are going	10
■ At some point in class, perhaps guide Coming to the Breath with Kindness	
■ Curriculum exercise – Daily activity exercise (Nurturing/Depleting/Mastery): make a list of typical day actions, categorize as N/D/M. Pairs to look at list and discuss reducing D and increasing N and M. Gather in large group	15
■ Three-Step Breathing Space plus Action Step: options a) pleasant, nourishing and uplifting; b) offers a sense of Mastery and satisfaction; c) is mindful; Inquiry	15
■ Spiral Signature[2]: draw out from workbook and flipchart examples offered by the group. Look at our own patterns and link with possible fears of recurrence, which might be at the bottom of the spiral	10
■ Action Plan: in three groups. How might we best respond to 1) everyday well-being; 2) early stress times; 3) tough times. Bring themes back to group	10
■ Action Plan: gather in large group (tough times feedback first). Completing Action Plans part of home practice	5
■ Turning Towards the Lovely practice, if time	5+
Ending the Session	
Week 7 home practice	
Practice what you can sustain for a month – a mix of core and brief practices, breathing spaces and informal everyday practices, customized for you. Action Plans for next time. Poem etc. and Week 8 plans	5
Reviewing and appreciating	
■ Brief one-word go round: What are you taking away? Or how are you feeling at the end of this session? ■ Coming to the Breath with Kindness (very brief) or another brief practice ■ Appreciation of the group	5

2 This session is quite full. Care with timings is needed, or start the Spiral Signature in Session Six, plus home practice.

Week 8 – Completing and Continuing: Supporting What Really Matters	
Total time: 2 hours, 30 minutes (individual timings may add up to less to allow flexibility)	Time in Minutes
Welcome and Reconnecting	
■ Warm welcome and brief check-in ■ Brief grounding practice to start – maybe The Pause with '*How are you feeling right now?*'	5
The Heart of Session Eight	
■ Body Scan with *lots* of Kindness	30
■ Inquiry: brief, with focus on 'How was it to do the Body Scan again right at the end of the course?'	15
■ Reviewing home practice: what did you do that you can sustain for a MONTH?	10
■ Reviewing home practice: Action Plan, in response to Spiral Signature, share in pairs/threes, then gather in large group	10
■ Intentions practice: support for putting it into place	5
■ Course review: go through the week's, workbook, pull out core themes, eighth week is the rest of our lives. Give back Intention letters if you used them. *What have you learnt? What is different for you now? How would you describe this to an interested friend?*	30
■ Write a letter to yourself: weave your parachute every day	10
■ Supporting future practice: follow-up group session/information	5
Ending the Course	
■ Ending ritual: stones to take away,[3] final go round, goodbyes and 'What are you taking away?'	10
■ Poems and a party (if you have one)	20
■ Short Sitting Practice with dedication of benefit to all.	10

3 Or however you arrange your endings.

Follow-up Class (optional – one month after the end of the course)	
Total time: 1 hour, 30 minutes (individual timings may add up to less to allow flexibility)	Time in Minutes
Welcome and Brief Reconnecting	
■ Warm welcome and brief check-in ■ Brief Grounding practice to start	5
The Heart of the Session	
■ Practice: maybe a few stretches and then sitting with a main focus on the breath and the body	20
■ Inquiry: that practice, then back over the month. In small groups/breakout rooms of threes or fours. *How was it? Did you practice as you planned? What got in the way of your plans?*	*20*
■ Gather in large group – share nuggets from small groups. Then, *How do you practice Coming Back?*	*15*
■ Exercise – Three sheets of paper on the floor or adding onto whiteboard: 1) informal everyday practice; 2) brief practices and breathing spaces; 3) core practices. Discuss each in turn and share what you favour in practice and what you turn to if in difficulty	10
■ A Teaching: *The Four Movements of the programme* (what they have been learning): Intention; Coming Back; Turning Towards; Kindness. Probably need to briefly teach Intention and then discuss other three, posing questions for the group	5
■ Intention practice: in light of reflections and discussions, what are their personal practice commitments? Share in a pair and make a note	5
Ending the Session	
■ Follow-up information: share dates and details ■ Final go round	5
■ Closing with the breath: sharing benefit of the course with the whole group and those like them who may come on future courses	5

Teaching plans: Two hour sessions[4]

Week 1 – Automatic Pilot: Meeting Mindfulness	
Total time: 2 hours (individual timings may add up to less to allow flexibility)	Time in Minutes
Welcome and Introductions	
■ Diversity welcome: brief outline of session	5
■ Ground rules: confidentiality; choosing own level of participation; looking after yourself	5
■ Brief grounding: Feet on the Floor ■ Participants' introductions (brief, maybe in pairs or threes): name; what I hope for from the course?	10
■ Community building exercises	10
The Heart of Session One	
■ Intentions practice: *What is it that really matters to me, that this course might support?* Sharing in new pairs or threes – then large group (if time)	10
■ Raisin practice	10
■ Mindfulness definition and discussion: on flipchart or whiteboard. What were the particular ways that we were paying attention to the raisin? Write ideas around definition.	10
■ Rilke poem: River metaphor as a way of acknowledging cancer in the room and the nature of change (if you like)	5
■ Body Scan and inquiry (brief)	30
Ending the Session	
Workbooks and links to audio practice recordings. Everyone has their own/different systems	10
Week 1 home practice	
Core: Body Scan Brief: Feet on the Floor Brief: The Pause Everyday/Informal: Routine activity such as brushing teeth, mindful eating/drinking	5
Resources	
Raisins in bowl with spoon Workbooks	

4 These are the same as those at the end of each session. Do arrange your own timings – these may not be quite right for you.

Week 2 – Mind Wandering: Coming Back	
Total time: 2 hours (individual timings may add up to less to allow flexibility)	Time in Minutes
Welcome and Reconnecting	
■ Warm diversity welcome and check-in	5
■ Remember ground rules – choosing participation and confidentiality.	5
■ Brief Grounding: Feet on the Floor	5
The Heart of Session Two	
■ Body Scan and inquiry (Intention for this class at start, as they settle into position on floor/in chair with breath): gentleness key – breathing into an area that needs attention at the end, if this feels OK	30
■ Inquiry: focus on Body Scan just completed, then back through the week's Body Scan practices, and brief practice of Feet on the Floor	10
■ Reviewing home practice: routine activities in small groups/breakout rooms of groups of three. Then: *What was it like to get down to practicing at home? What was helpful?*	10
■ Reviewing home practice: brief gathering in the large group	10
■ Walking Down the Street exercise: Flipchart required. Feelings and interpretations of an event. Situation (A) results in a feeling (C) without awareness of the thoughts/narrative that links them (B). Equation: A + B = C	10
■ Introducing the Blob: for Pleasant Experience Exercise home practice. *What gives me pleasure?* – remember the ordinary	5
■ Poem (if you like)	5
■ Coming to the Breath: guide new brief practice and short inquiry. *How is the breath?* Alternative is Hand on the Belly Breathing	5
Ending the Session	
Give out sticky dots for practice reminders	
Week 2 home practice	
■ Core: Body Scan ■ Brief: Coming to the Breath/Hand on the Belly Breathing (new), Feet on the Floor and The Pause (again) ■ Everyday/Informal: Another routine activity ■ Exercise: Pleasant Experience every day using The Blob	5
■ Small groups – dealing with barriers to home practice barriers: Body Scan, brief practices - 'how will I remember?' Choice of informal practice if time	10
■ Feet on the Floor and a Pause – and warm appreciation of the group	5
Resources	
Sticky dots	

Week 3 – Limits and Edges: Mindfulness of the Body in Movement	
Total time: 2 hours (individual timings may add up to less to allow flexibility)	Time in Minutes
Welcome and Reconnecting	
■ Warm welcome and one-word check-in ■ Brief grounding: Feet on the Floor and The Pause ■ Touching into ground rules	15
The Heart of Session Three	
■ Mindful Movement: starting with a standing posture (Standing in Mountain), lots of choice, dwelling at the edges/exploring personal limits/bringing Kindness into the practice, awareness of areas of pain/surgery/treatment – areas we protect. Gentleness is key. Befriending the body	30
■ Inquiry/Reviewing home practice: focus on the Mindful Movement just completed, then back through last week's Body Scan practices and Coming to the Breath/Hand on the Belly Breathing (new brief practice)	10
■ Reviewing home practice: into small groups/breakout rooms to discuss The Pause, Feet on the Floor and routine activity from last week	5
■ Reviewing home practice: gather in large group. *What was it like doing the practice this week?*	5
■ Pleasant Experience Exercise with The Blob: Mapping the experience and focusing on bodily sensations. ■ Watch for moments of sadness and anticipatory loss with this population. *'What does it take to simply enjoy the (pleasant) moment'?*	15
■ Simple Breathing Space: Feet on the Floor, the Pause and Coming to the Breath/Hand on the Belly Breathing	10
■ Simple Breathing Space: talk with new partner/in threes to decide 'When will I do this? Plan for three times a day	10
■ Sitting Practice: brief, introduce if time	5
Ending the Session	
Week 3 home practice	
■ Core: Alternating Body Scan with Mindful Movement ■ Brief: Simple Breathing Space (new) ■ Feet on the Floor, The Pause and Coming to the Breath (again) ■ Everyday/Informal: Another routine activity	10
■ Exercise: Unpleasant Experience every day using The Blob	5

Week 4 – Patterns of Reactivity: Learning to Respond	
Total time: 2 hours (individual timings may add up to less to allow flexibility)	Time in Minutes
Welcome and Reconnecting	
■ Warm welcome and brief check-in ■ Brief grounding: maybe Feet on the Floor and The Pause ■ Touching into ground rules, if felt necessary	10
The Heart of Session Four	
■ Sitting Practice: starting with grounded posture, then the breath or choice of anchor, the body as a whole and choices around how to respond to intense sensations, bringing gentleness and kindness into the practice	20
■ Inquiry: focus on Sitting Practice just completed, especially intense sensations	10
■ Reviewing home practice: last week's Body Scan/movement practices and Simple Breathing Space (SBS). Guide SBS to remind	10
■ Reviewing home practice: option of small groups/breakout rooms for Feet on the Floor, The Pause, Coming to the Breath and everyday informal practices, then gather briefly in large group	10
■ Unpleasant Experience with The Blob:	
■ Mapping the experience: two examples from group, if time. Spot what was it that made it *more unpleasant*/aversive	5
■ *What are we learning that could help in a situation like this?*: From what we have learned so far, how can we respond to the unpleasant – *use of brief practices*	5
■ 'Classic' ways that we react: flight/fight/fix/freeze/feed reactions	5
■ Three-Step Breathing Space (3SBS) (regular) and brief inquiry: include hourglass shape, and mention using 3SBS or SBS at a difficult moment > for a responding space	10
■ The Vicious Circle of Anxious Preoccupation: share model and discuss with links to unpleasant experience learning. *How can we respond?* Recap responding options (see Unpleasant Experience Exercise with The Blob)	10
Ending the Session	
Week 4 home practice	
■ Core: Alternating Sitting Practice with Mindful Movement or Mindful Walking Brief: Three-Step Breathing Space (new) ■ Choose two or three brief practices to focus on this week ■ Everyday/Informal: Another routine activity and practice a Pause with something Pleasant	10

Week 5 – Gently Being with the Difficult: Turning Towards	
Total time: 2 hours (individual timings may add up to less to allow flexibility)	Time in Minutes
Welcome and reconnecting	
■ Warm welcome and brief check-in ■ Brief grounding practice to start ■ Touching into ground rules, if necessary	10
The Heart of Session Five	
■ Sitting Practice: plenty of grounding and settling, Intention, then the breath or choice of anchor, then offering choice of Turning Towards with mild-to-moderate current challenge difficulty, and bringing presence and kindness into felt sense of challenge in the body	25
■ Inquiry: with a focus on practice with what is difficult	10
■ Reviewing home practice: last week's movement and sitting practices, Three-Step Breathing Space and whatever brief practices they chose to focus on	10
■ Halfway review: *How are you finding it? Are there any surprises? How can you make the most of the rest of the course?* Reflect in small groups/breakout rooms then gather back in the large group	5
■ The Sea of Reactions:	
■ write words that describe personal unhelpful reactions to times of stress, one on each piece of paper and place on the floor if *in person*, or adding to whiteboard if *online*	10
■ Choose one word each to focus on (not necessarily your own) and notice impact of this word, especially in the body. Working in pairs, describe to partner how this feels *in the body* (Body Barometer), then change over. Help partner to stay in body, not move into story of stress reaction	10
■ Gather in large group and teach around the Body Barometer ■ Three-Step Extended Responding Space: bringing the Body Barometer explicitly into the *first step* and gentless into the *third step* with *It's OK. Whatever it is, let me feel it*, followed by brief inquiry	10
■ Another brief practice at any point in the class when needed, such as Simple Breathing Space, if time	10
Ending the Session	
Week 5 home practice	
■ Core: Advanced Sitting Practice with Mindful Movement, Mindful Walking or Body Scan ■ Brief: Three-Step Extended Responding Space (including the Body Barometer) (new) ■ Choose *different* brief practices to focus on this week ■ Everyday/Informal: Another routine activity/pause with something you enjoy	10

Week 6 – Thought Are Not Facts: Learning to Let Thoughts Come and Go	
Total time: 2 hours (individual timings may add up to less to allow flexibility)	Time in Minutes
Welcome and Reconnecting	
■ Warm welcome and brief check-in ■ Brief grounding practice to start – maybe the Three-Step Breathing Space ■ Touching into ground rules, if necessary	10
The Heart of Session Six	
■ Sitting Practice: sitting in grounded mountain posture, then breath/anchor, body as a whole, hearing and also thoughts ('sky of mind' with 'weather patterns' coming and going), then including current mild-to-moderate challenge, and bringing gentleness and Kindness into felt sense in the body	25
■ Inquiry: with focus on practicing with a current challenge and with thoughts and thinking	10
■ Reviewing home practice: Three-Step Extended Responding Space, Simple Breathing Space with Body Barometer in first step	15
■ Curriculum exercise – John was on his way to school: to illustrate that the mind loves to tell stories and we make meaning and change it out of the information we get	10
■ Curriculum exercise – The Seed of Reality: in pairs, explore a recent mildly challenging event linked to cancer and be curious to spot the seed of reality and what 'Stories' are added into the cloud around it. Perception is influenced by mood/mind state. Thoughts are not necessarily facts. Link back to Session Two – Walking Down the Street.	10

■ Curriculum exercise – The Seed of Reality: process in large group:
  ■ Share thoughts/themes, normalize, add to flipchart or whiteboard
  ■ The effect of mood. Thoughts are Not Facts – changing like weather patterns > Sitting Practice and Vicious Cycle of Anxious Preoccupation
  ■ What can we do when these patterns arise?
	10

■ Continue exploration with Spiral Signature – draw out from workbook and flip examples offered by the group. Make specific links with cancer.	10
■ Extended Responding Space bringing gentleness/softening/allowing/turning towards into the third step	5
■ If time, Mindful Movement or walking	5
Ending the Session	
Week 6 home practice	
■ Core: Sitting Practice with Mindful Movement, Mindful Walking or Body Scan ■ Customizing practice ■ Brief: Coming to the Breath with Kindness ■ Short: Three-Step Extended Responding Space (including the Body Barometer); bringing brief practices to challenging thoughts ■ Pausing with the pleasant	5

Day of Practice Programme Sample – Courage to Turn Towards with Gentleness

Total time: 4 hours to 4 hours, 30 minutes[5]

WELCOME

- Availability – silence. Opportunity to be with ourselves – to be aware. Intention – no need to do it right. Look after yourselves. Aspects of positive and negative – working with them all just the same – curiosity. Set up friendly wishes.
- Poem/Story
- SITTING PRACTICE: breath, body > sounds
- Poem/Story
- MINDFUL MOVEMENT
- BODY SCAN
- Poem/Story

LUNCH

- WALKING PRACTICE: guided – getting quicker. Notice what avoiding. Notice what drawn to. Outside if possible.
- THREE-STEP EXTENDED RESPONDING SPACE (Standing in Mountain): at some point in the middle of walking
- LAKE or MOUNTAIN PRACTICE
- Story
- SITTING PRACTICE: more silent – if time at this point sit/walk/sit/walk
- GREEN TEA AND STRAWBERRIES: S. Levine story abridged, or another theme – nice to have adapted raisin practice such as with strawberries
- Kindness Practice with Friendly Wishes
- Dedication
- Break silence: in pairs, then fours, then whole group
- Share one word that describes how you are feeling now

Farewell and close

Please adapt your programme to suit you and your group.

It is important to ensure that everyone is grounded and in a good space to leave for home (if in person).

5 Timings have been proposed for guidance for practices only. The format and timings of the session are up to the teacher.

Week 7 – Planning Ahead: Taking Care of Ourselves	
Total time: 2 hours (individual timings may add up to less to allow flexibility)	Time in Minutes
Welcome and Reconnecting	
■ Warm welcome and brief check-in ■ Brief grounding practice to start – maybe the Three-Step Breathing Space	5
The Heart of Session Seven	
■ Standing Practice: maybe scanning the body, starting with the head ■ Sitting Practice: plenty of grounded awareness of base of body, then the breath/anchor, whole of the body, hearing, then Turning Towards a moderate challenge again, closing with whole body breathing	25
■ Inquiry: with particular focus both on what is difficult and on last week's experience of thoughts and thinking	10
■ Reviewing home practice: into small groups/breakout rooms for last week's Body Scan/Mindful Movement/Sitting Practices	5
■ Reviewing home practice: gather in large group and reflect on how brief practices and breathing spaces are going	10
■ At some point in class, when sense of difficulty present, guide Coming to the Breath with Kindness	5
■ Curriculum exercise – Daily activity exercise (Nurturing/Depleting/Mastery): make a list of typical day actions, categorize as N/D/M. Pairs to look at list and discuss reducing D and increasing N and M. Gather in large group	15
■ Three-Step Breathing Space plus Action Step: options a) pleasant, nourishing and uplifting; b) offers a sense of Mastery and satisfaction; c) is mindful; Inquiry	15
■ Spiral Signature – draw out from home practice and connect to action plans	5
■ Action Plan: in three groups. How might we best respond to 1) everyday wellbeing; 2) early stress times; 3) tough times. Bring themes back to group	10
■ Action Plan: gather in large group (tough times feedback first). Completing Action Plans part of home practice	5
Ending the Course	
Week 7 home practice	
■ Practice what you can sustain for a month – a maxi of core and brief practices, breathing spaces and informal everyday practices, customized for you. Action plans for next time. Poem etc. and Week 8 plans	5

Week 8 – Reviewing and Committing: Supporting What Matters	
Total time: 2 hours (individual timings may add up to less to allow flexibility)	Time in Minutes
Welcome and Reconnecting	
■ Warm welcome and brief check-in ■ Brief grounding practice to start – maybe The Pause with *How are you feeling right now?*	5
The Heart of Session Eight	
■ Body Scan with *lots* of Kindness	25
■ Inquiry: brief, with focus on *How was it to do the Body Scan again right at the end of the course?*	10
■ Reviewing home practice: *What did you do that you can sustain for a month?*	10
■ Reviewing home practice: Action Plan, in response to Spiral Signature, share in pairs/threes, then gather in large group	10
■ Intentions practice: support for putting it into place	5
■ Course review: go through the weeks, workbook/summary papers on floor, pull out core themes, eighth week is the rest of our lives	15
■ Gather. *What have you learnt? What is different for you now? How would you describe this to an interested friend?*	10
■ Weaving your parachute every day. Write a friendly letter to yourself (to be posted by teacher) or do a postcard in session, with what really matters to me and practice plan of three things	10
■ Supporting future practice: follow-up group session/information	5
Ending the Session	
■ Ending ritual: stones to take away, goodbyes and *What are you taking away?*	10
■ Final settle and good wishes and appreciation for all they have put into their learning	5
Handouts	
■ Any follow up resources – reunion and ongoing programme dates	

Follow-up Class (optional – one month after the end of the course)	
Total time: 1 hour, 30 minutes (individual timings may add up to less to allow flexibility)	Time in Minutes
Welcome and Brief Reconnecting	
■ Warm welcome and brief check-in ■ Brief Grounding practice to start	5
The Heart of the Session	
■ Practice: maybe a few stretches and then sitting with a main focus on the breath and the body	20
■ Inquiry: that practice, then back over the month. In small groups/breakout rooms of threes or fours. *How was it? Did you practice as you planned? What got in the way of your plans?*	20
■ Gather in large group – share nuggets from small groups. Then, *How do you practice Coming Back?*	15
■ Exercise – Three sheets of paper on the floor or adding onto whiteboard: 1) informal everyday practice; 2) brief practices and breathing spaces; 3) core practices. Discuss each in turn and share what you favour in practice and what you turn to if in difficulty	10
■ A Teaching: *The Four Movements of the programme* (what they have been learning): Intention; Coming Back; Turning Towards; Kindness. Probably need to briefly teach Intention and then discuss other three, posing questions for the group	5
■ Intention practice: in light of reflections and discussions, what are their personal practice commitments? Share in a pair and make a note	5
Ending the Session	
■ Follow-up information: share dates and details ■ Final go round	5
■ Closing with the breath: sharing benefit of the course with the whole group and those like them who may come on future courses	5