



Practice Course in Mindfulness for Health

To Whom It May Concern,

Megan Spencer and Michael Madigan have been practicing mindfulness for some time and have completed Introductory and Advanced teacher training with us, gaining a grounding in both the principles and practices of the Breathworks method. We feel confident that they are ready to lead a practice course and we support them in doing so. They will both be in regular contact with a senior trainer for supervision throughout the course.

This practice course forms a part of their training. Important learning comes about through actually delivering the course, as opposed to being in a training situation with us. Please try and support your teacher in this stage of their learning, understanding that they have not delivered the course before and will be teaching aspects of the course for the first time.

At the end of the practice course we will be assessing Michael and Megan's skills based on both a reflective journal they will each be keeping during the course and an evaluation form that you will be asked to fill in at the end. They will then continue their training with us, but with the invaluable experience of having run a course.

If you feel you need to contact us at any time about the course you are attending, then please do so at the address below.

With best wishes,

Ginny Wall
Head of Training
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