

An in-depth programme of teaching and practice for **mindfulness professionals** training in or teaching mindfulness-based applications.

Examining the foundations of mindfulness in Buddhist psychology.



Bodhi College

The Mindfulness Course

2018-19

Contextualising Mindfulness

Christina Feldman & Akincano Weber, assisted by Yuka Nakamura

20-25 Feb 2018, Meditation Center Beatenberg, Switzerland

€786

The Existential Challenge

Chris Cullen & Christina Feldman

1-5 Oct 2018, Sharpham House, Devon, UK

£520

The Big Picture

John Peacock & Akincano Weber

18-23 Feb 2019, Meditation Center Beatenberg, Switzerland

€825

Universal Empathy

Chris Cullen & Christina Feldman

30 Sept - 4 Oct 2019 (tbc), Sharpham House, Devon, UK

£546



Taught by Chris Cullen; Christina Feldman; John Peacock; Akincano Weber

BODHI COLLEGE is a European educational centre for meditative learning for those practising meditation and the Dharma in today's world. We offer a variety of courses and trainings, drawing specifically on the early teachings of the Buddha before they became codified into different Buddhist traditions.



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For recommended reading go to: www.bodhi-college.org/reading-lists

For more information and to book online visit: www.bodhi-college.org/events/the-mindfulness-course