

An Introduction to the Contemplative Group

2 March 2024





Contemplative Group Dynamics

During this introduction brief talks and discussions will focus on the guiding themes of the practice: attentional stability and clarity, empathetic resonance, the use of language and speech to articulate moment to moment experiencing, and the use of dreams as objects of mindfulness.

We will practice the four foundations of mindfulness meditation (sensation, feeling, mental/emotional events, and experience) in sequence in silence and then with speech, a period of shared reflection separating each foundation. Experienced members will be able to deepen their understanding of how the contemplative group dynamic stabilises and clarifies attention.

For those not experienced in the contemplative group practice this introductory day will also fulfil the requirement to attend the residential retreat in Bologna, Italy 3 -10 August 2024.

Date and time 2 March 2024

9:00 –14:00 **USA EST**, 14:00 – 19:00 **UK**, 15:00 – 20:00 **Europe**

Cost \$110, £90, €95 **Where** Zoom

No prerequisites but a regular mindfulness practice is recommended.

Sessions are recorded.

Trainers information at -

<https://contemplativegroupdynamics.com/facilitators/>

In addition we have monthly Open Groups on Zoom

Join us virtually for two hours every 4th Tuesday to experience the contemplative group practice

- *Dates:* 27 February, 26 March, 23 April, 25 June, 23 July
- *Time:* 12.00-14:00. EST. 17:00-19:00 UK. 18:00- 20:00. Europe
- *Cost:* \$35 £25. 30 Euro

Booking by emailing lawrence.ladden@gmail.com