

# Masterclass: Buddhist Foundations of Mindfulness

## A day of practice, teaching and discussion

### Who is this for?

This would be suitable for anyone involved in teaching, or training to teach, mindfulness; or anyone with a particular interest in the Buddhist underpinnings of mindfulness practice. Geography is not a barrier as John will deliver this workshop online

Even though many of us deliver entirely secular MBCT or MBSR programmes, many of the ideas in contemporary mindfulness-based programmes make more sense when we understand their origins and intentions.

John Peacock is one of the few people who can expertly make this bridge and we are delighted to welcome him back again.



### Led by: John Peacock

**Date:** Friday 9<sup>th</sup> September 2022

**Time:** 9.30-4.30pm

**Venue:** Online

**Cost:** £110.00

One mindfulness event per annum is free to Trust-Employed & Approved mindfulness teachers and £30 for subsequent events in the same year.

**For More Information:** [SMC@spft.nhs.uk](mailto:SMC@spft.nhs.uk)

**To book your Ticket:**

<https://buytickets.at/sussexmindfulnesscentre/685361>

### Biography:

John Peacock is both an academic and a Buddhist practitioner of nearly fifty years. Trained initially in the Tibetan Gelukpa tradition in India, he subsequently spent time in Sri Lanka studying Theravāda. After doing a doctorate in philosophy, he taught Buddhist and Western philosophy and then Buddhist studies at the University of Bristol. He went on to be an Associate Director of the Oxford Mindfulness Centre, co-direct the Master of Studies programme in MBCT at the University of Oxford. John is retired now retired from academia and continues to teach meditation and courses on Buddhism and Western philosophy internationally.