

We are delighted to introduce you to Anna Taylor who will be teaching our ***Integrating Mindfulness and Compassion in Professional Practice Teacher Training Course*** (IMCPP) which starts in Cambridge in the autumn.

“I gained so much from this Integrating Mindfulness and Compassion into Professional Practice course with Mindfulness UK (Mindfulnessuk1). It has very much changed the way that I work both in teaching yoga classes, my yoga therapy work and working one-to-one with clients. The beauty of the course is that it enables you to incorporate the practices of mindfulness and compassion within your own work setting, whether that be working as a yoga teacher, a life coach, a school teacher. I met people from all different backgrounds who were adapting these practices for their own workplace needs”

The course has now expanded and is being delivered in ***London, Bristol, Taunton*** and ***Cambridge*** and I am delighted to be co-delivering the ***Cambridge*** course which begins in November.

The main pre-requisite for undertaking the training is to have a regular meditation practice and have undertaken an 8-week Mindfulness Based Stress Reduction (MBSR) course. If this is something that you feel may benefit you and what you offer professionally do visit <http://mindfulnessuk-com.stackstaging.com/.../integrating-mindfulness-and-com...> for more information.

Welcome Anna from us all at MindfulnessUK