



prospectus teach modern meditation

Teach others how to combine the
ancient and profound science of Being
into the modern world of Doing

Ancient yoga based meditation science
of wholeness, creativity and wellbeing
for the modern world.

beanddo
#makehappywork

Meditation....it's the bliss that comes with experiencing not mere happiness but complete satisfaction with the way things are. These are our moments of supreme quiet, total acceptance, and non-judgement – the wondrous intervals when we know we are in the right place doing precisely what we're supposed to be doing. ¹

We are in a time of change

Some would say we are witnessing turbulent times. Some are thriving, others less so... For many the experience is stress, anxiety, a world out of balance.

Science, business, education, health providers and governments are beginning to understand that old ways of working and living are no longer sustainable.

In response many are rediscovering old techniques and solutions in the form of a new wave of modern meditation based wellbeing. It has taken hold everywhere. This ancient science on human happiness and wholeness is being validated by emerging neuroscience research. Far from being an esoteric, irrelevant practice, meditation is fast becoming the newest method for positive, creative change in organisations, communities and individuals. Be part of the change.

This course is a powerful journey of change that provides you with the tools to help yourself and others, live a more skilful, creative and happier life – **to make happy work!**

In this course you will explore, step-by-step the art and science of meditation, its origins, application and impact. You will learn how to empower others by teaching to deliver this profound practice.

The purpose of this unique **beanddo** meditation teacher-training course is to shape, direct and combine this powerful ancient science of being into the modern world of doing.

Why train to teach **beanddo** meditation?

The UK Government All Party Report, 'Mindful Nation 2015'² concluded that there is currently a growing need for meditation teachers with the expertise to deliver high quality programmes in education, business, health care and the judiciary. In fact anywhere where people are tackling the demands of modern life at home and in work.

We are experiencing a pandemic of stress, anxiety and depression related illness. There is far too much concentration on **doing** as against **being**.

This imbalance is not sustainable. The result is not increased productivity, more output, more creativity, innovation or profit. When the needs of **being** are ignored, the actual output is reduced wellbeing, increased stress and anxiety, fear and burnout.

² <http://www.themindfulnessinitiative.org.uk/>

The facts are alarming.

Findings from the Health Survey for England³ reveal that 25% of all adults have been diagnosed with a mental health problem – most commonly depression. This impacts on both **being** and **doing**:

Impacts on being

- 18 per cent of adults said they had suffered from mental health illness, but have never been diagnosed.
- Those between the age of 55 and 65 were the most likely to have been diagnosed at some stage in their life - with women far more likely than men to have received a diagnosis.
- 41 per cent of females aged between 55 and 65 had received a diagnosis, and a further 17 per cent said they had suffered from mental illness without diagnosis.
- One quarter of men in this age group had been diagnosed with mental health problems, along with 19 per cent who had “suffered in silence” – a combined total of 44 per cent, the figures show.
- In 2014, a total of 56 million prescriptions for anti-depressants were issued, official figures show.

Impacts on doing

- The UK Health and Safety Executive work force survey for 2015 discovered nearly 10 million days were lost due to mental illness with an average of 23 working days per individual.
- In 2014/15 stress accounted for 35% of all work related ill health cases and 43% of all working days lost due to ill health.
- By occupation, jobs that are common across public service industries (such as health; teaching; business, media and public service professionals) show higher levels of stress as compared to all jobs.
- The main work factors cited by respondents as causing work related stress, depression or anxiety (LFS, 2009/10-2011/12) were workload pressures, including tight deadlines and too much responsibility and a lack of managerial support.
- Work-related mental ill health costs the UK economy up to £30 billion every year through lost working days, staff turnover and lower productivity.

³ Health Survey for England. 2014/15. UK Government. ONS

The New Work Place.

So stress is now rising to pandemic levels. In tandem there are also other pressures emerging. We are entering into a world where productive ideas, creativity and innovation are fast becoming vital workplace requirements.

However, stress and creativity are not compatible as stress kills creativity.

So while the **beanddo** programmes help reduce stress they also help to unfold the full potential of the individual, promoting creativity and energy, increasing performance, and improving wellbeing and happiness. Healthy, creative, individuals are the basis of a healthy, happy, creative workplace

The Solution

The **beanddo** model is to bring being and doing together.

The aim is to narrow the distance between those two unique aspects of what we are and what we can do, fostering balance, creativity, resilience, focus and joy. To teach **beanddo** meditation is to help others make profound inner changes in order to unfold their full potential. At the same time stress and anxiety reduces, creativity, intuition and energy is increased resulting in an improved innate wellbeing and happiness.

This balance, how to know it and use it has been around for thousands of years in the form of meditation and yoga practice. Modern science is now confirming the effectiveness of this ancient wisdom and science. They have been tried and tested across the world for generations. They work!

‘This is the science of
making happy work’

#makehappywork

Who is it for?

The **beanddo** meditation teacher-training course is aimed at inspired people; working in a professional capacity that would like to incorporate meditation practice and its benefits into their profession and place of work as well as their wider community.

The ancient science and art of regular meditation practice is fast becoming the new art of science for the promotion of improved wellbeing, creativity and stress management. Meditation is happening everywhere in schools, colleges and universities, large and small business, government, health care, social services and so on. In the last 12 months **beanddo** has delivered meditation programmes in busy international businesses, schools for both staff and students, in university, cultural institutions such as museums and key national charities working in teacher training, health and wellbeing.

The **beanddo** meditation teacher training course is aimed at Health and Care Workers, Teachers, Corporate Business leaders and managers, HR professionals, designers, charity workers, social entrepreneurs etc. In fact anyone ... who feels they can help, wherever they are and whatever they do to help others foster well being, reduce stress and anxiety while nurturing creativity and helping **make happy work** everywhere.

The **beanddo** meditation teacher-training course is also of high value to registered yoga teachers who want to add additional skills to their teaching.

Meditation for the Modern World

beanddo meditation is designed for everyone.

Over the teacher-training course you will learn how to share principles and tools to help others develop their own meditation practice.

You will learn how to gently guide your students towards knowing how to stop and relax purposefully, guide attention, manage thoughts and senses and know a deeper conscious awareness. Combining current research with ancient wisdom, you will be able to show others how to develop the insight and wisdom gained in meditation into something that's built into daily life.

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The course will introduce you to:

- The art and science of meditation practice
 - An introduction to the ancient core wisdom and teachings of meditation
 - The impact of new thinking such neuroscience and consciousness research
 - How and why meditation works
 - The four key stages of meditation
 - The role of the meditation teacher
 - Supporting student participants in their practice
 - Finding your voice to confidently guide meditation practice
 - Planning and delivering a practical and effective meditation course
 - The science of flow, creativity and autotelic experience
 - Meditation and the reduction of stress and anxiety
 - Concentration, breathing and focusing techniques
 - Applying meditation in action and the joy of being and doing
 - The nature of the body/mind field
 - Obstacles to meditation practice
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Entry requirements for the course

Some knowledge and experience of meditation is preferable.

As part of the **beanddo** meditation teacher training you must have:

- *Attended a **beanddo** be here now introduction to meditation course*
- *Before the Meditation Teacher Training you will also need to complete an interview with Mick Timpson to discuss your reasons for wanting to do the course, and answer any queries.*

The architecture of **beanddo** modern meditation.

The key to **beanddo** modern meditation is simplicity.

Our techniques do not involve personal psychoanalysis, unpicking the nature of negative thoughts, feelings and anxieties. Similarly, this is not described as a stress reduction course. This is because we know that negativity will lift 'naturally' through the practice. One does not need to examine - just practice- in the knowledge that we have all the resources we need to cultivate growth and transformation.

At **beanddo** our objective is to help people get to and stay in a good place rather than tackling being in a bad place.

Emphasis is on introducing and teaching the fundamentals of meditation practice piece by piece, stage by stage. As a meditation teacher you will help your students create a foundation of practice on which they will build and utilise within a new and more potent sense of themselves. To practice meditation is simply to know how to change one's perspective.

What you will learn to teach?

The **beanddo** meditation practice is based on Open Monitoring (OM) Meditation not to be confused with OM or AUM. This meditation technique underpins contemporary mindfulness practice. Its ancient roots are in the Buddhist tradition of Vipassana (Insight) meditation, Samyama from Patanjali's Yoga Sutras and the 'yoga of action' (karma) as defined in the Bhagavad Gita.

With the **beanddo** technique there are no mantras to learn, awkward postures to adopt or breathing techniques to master. The objective is developing a sustained present awareness firstly in formal sitting practice and then into everyday life of 'action', in order to be present to the world, to others and to what you are doing right now to help make happy work!

Meditation is often described as 'being aware of being aware'. With practice you will learn how to skilfully utilise techniques to guide your student's attention inwards towards developing:

- an open monitoring state, attentive moment-by-moment, without the need to focus on any explicit object. To reach this state, your student gradually starts with a focus such as the breathing or other rising phenomena but the need for this reduces as the open monitoring faculty begins to correspond to a 'knowing' spontaneous, inner awareness and stillness.

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Cultivating an effortless awareness

This is key. It's this skill that brings us into moment, the now. Even though we are fully engaged with the world we can, with practice learn to 'switch-on' effortless flow of awareness which promotes joy in whatever we are doing and wherever we are.

Once mastered we can bring this type of **being and doing** into everyday life. It will readily transform thinking habits, deepen perception, open intuition and provide access to inner resources of tranquillity, creativity and wisdom. In particular, OM practice leads one to a more acute but less emotionally reactive awareness yourself and others. A deeper sense of calmness emerges. This heightened sensitivity to body, mind, event and environment reactivity naturally reduces mental distress.

Course Structure

The course is designed so that you can incorporate your training and practice into your day-to-day working life and your own meditation practice.

The course is spread over eight days. (2 days [friday & saturday] / fortnight)

8 small group workshop intensives (7 hours/day.) on the art, science and application of the **beanddo** modern meditation programme.

Also included:

- A copy of Make Happy Work! Teacher Training Provider Handbook
- Personal practice and journal
- A copy of Making Happy Work book by Mick Timpson

The workshops will be exploring in more detail the **beanddo** eight part meditation training programme coupled with discussion, analysis and an opportunity to explore and share experiences, techniques and practices. Each session will gradually introduce different aspects of practice designed to help you go deeper and strengthen your own technique, insight and experience. Each session is designed to be direct, practical and experiential, based on Swami Sivananda's notion that, 'an ounce of practice is worth a ton of theory'.

The sessions are designed to expand the teaching and practice content, experience and structure of the regular **beanddo**, course that you will have already undertaken. The themes which will be explored are:

1. **Noticing** - Intention setting, relaxation and body awareness
2. **Looking** - Directing attention inwards towards the mind/body field
3. **Thinking** - Working with thought objects
4. **Sensing** - Maintaining attention and sustaining inner awareness
5. **Feeling** - Working with experience and sense objects
6. **Knowing** - attentive sustained present awareness
7. **Being** - natural cultivating of intuitive moment-by-moment spontaneous flow
8. **Doing** - Applying insight gained from practice into daily activity

The sessions are a chance to recap the programme themes and explore further into the origins, science (ancient and modern) core texts and meaning. The objective is to help expand your knowledge, develop teaching techniques, find your own voice and approach to help you develop and lead your own class. During the final intensive you will need to prepare and deliver a short presentation on any aspect of meditation practice that inspires you, and deliver a sample class.

Additional input

Self Practice and Study - This aspect of your training will develop as you progress. You will be issued a reading list and you will be expected to continually shape and refine your own practice, keep a diary and record your experiences and findings. There will be required reading, written assignments and a presentation and delivery of a sample class.

IMPORTANT: Additional training:

If you are new to yoga we would recommend you undertake an additional 40 hours asana (yoga on the mat practice) in order to enhance your training. You can subscribe to the YogaLife Project and regularly attend a Level One course with Mick Timpson at additional fee. www.theyogalifeproject.co.uk

When do I qualify as a beanddo meditation teacher?

To qualify you must have attended all the sessions, and successfully completed all the assignments and assessments.

Prior to the course you must also have undertaken a be here now introduction to meditation class.

When you have completed your training and wish to teach you will then need the relevant insurance. Not included in the tuition fee.

For further information contact:

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About **beanddo**

beanddo is an innovative and unique enterprise offering meditation programmes for business, education and life. We deliver simple jargon-free contemporary meditation for everyone which when practiced, developed and embedded into daily life will help give access to your personal inbuilt, natural technology to make happy work...

Led by architect, artist and Senior Yoga teacher, Mick Timpson, **beanddo** works with managers, business leaders, artists, lawyers, scientists, health workers, parents, civil servants, teachers, accountants, musicians, designers and entrepreneurs - In fact anyone who has decided to take control so that they can - Do More, Be more and worry less...

About Mick Timpson

Mick is an architect, artist and senior yoga and meditation teacher. He has been practicing for 30 years. Mick's work as an architect has moved from shaping our external world, to helping people rediscover and shape their inner worlds. Mick says that designing and improving our external environment for wellbeing is vital but it can only take you so far. Real change happens on the inside. With the right training everyone can empower their inner architect and design a more creative, happier and fulfilling life. Mick is the founder of two important Social Enterprises in Manchester, The YogaLife Project for yoga on the mat with classes, workshops, retreats and teacher training and **beanddo** for yoga off the mat focusing on meditation practice designed for business, education and everyday life.

We need to make the world safe
for creativity & intuition, for it
is creativity & intuition that will
make the world safe for us.

Ed Mitchel. Founder of the Institute of Noetic Sciences and Apollo 14 Astronaut.

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