

Foundational Training in Teaching MBCT

Fortnightly Format Sample Dates 2018-19

Monday 15 October (PM)
Tuesday 16 October
Tuesday 30 October
Tuesday 13 November
Tuesday 27 November
Monday 10 December
Tuesday 8 January
Friday 1 February
Saturday 2 February
Sunday 3 February
Monday 4 February
Tuesday 12 February
Tuesday 26 February
Tuesday 5 March
Tuesday 19 March
Tuesday 2 April
Tuesday 23 April
Tuesday 7 May
Tuesday 21 May
Tuesday 4 June
Tuesday 11 June
Tuesday 25 June
Tuesday 2 July