

Pre-Course Information

Mindfulness-Based Cognitive Therapy (MBCT) Course – 8 sessions

Thank you for booking one of our MBCT courses. Prior to your attendance, you may find the following information useful.

Arrival on the day

We ask that you arrive a little before the class start time, if possible, to ensure a prompt start. However, we are aware that Oxford traffic can be unpredictable so please do still come along even if you are late arriving. Please note that parking on site is restricted during working hours. We advise using public transport. Please see the Travel Information document for further details.

What to wear

Since the sessions involve spending quite some time sitting and also doing some simple yoga and stretching exercises, please dress comfortably and preferably in layers so that you can adjust for feeling warm or cool. If you have your own yoga or exercise mat you are welcome to bring this along, otherwise mats, cushions, etc. are available here.

Saturday All-Day Practice

The Practice Day, on the Saturday from 10am-4pm, offers the opportunity for extended period of practice. Much of the day will be spent in silence to support the practice, and familiar guided meditation practices will be led by the course teachers. There will be opportunity at the end of the day to reflect on the experience and ask any questions participants may have. As the day will involve spending quite some time sitting, walking and a period doing some simple stretches, please dress comfortably.

Tea/coffee and biscuits will be available throughout the day, but no planned breaks, other than lunch time. Please bring your own lunch, which will also be spent in silence. (Please note that the Warneford Hospital canteen/shop is not open on Saturdays.) Please let family and friends know that you'll be spending the day in silence and not be contactable (unless in emergency) during this time.

Cancellation Policy

Cancellations: If cancellation is made **up to 4 weeks** prior to course start date a £30 administration fee is payable for UK transactions and £50 for overseas transactions.

If cancellation is made **within 4 weeks** of the course start date no refund is available, unless the place is sold to another customer, in which case a refund less £30 administration fee will be made for UK transactions and £50 for overseas transactions.

Please get in touch with us, using the contact details below, if you have any further questions.

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