Instituto MCM
Mindfulness, Awareness and Movement

8-WEEK PROGRAMME · CASTELLAR DEL VALLÈS AND BARCELONA

Despertando al Camino

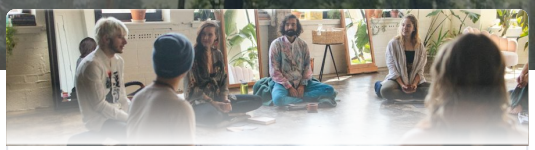
Awakening to the Path: mindfulness, awareness and movement in nature to cultivate presence, inhabit the body and bring greater awareness to everyday life.

Practise. Recognise. Integrate.

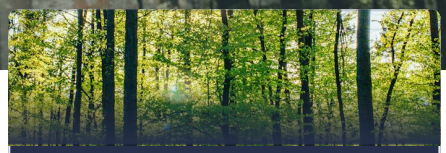
Ask about **upcoming dates**



8 weeks
Programme length



8 group sessions
About 1 h 45 min each: 6 in person and 2 in nature



4 online tutorials
Personalised, to support you

PROGRAMME STRUCTURE

Eight weeks, eight movements

ATTENTION — INTEGRATION

01 **Presence**
Arriving and recognising where I am.

02 **Body**
Inhabiting experience from within.

03 **Safety**
Staying without having to control everything.

04 **Patterns**
Recognising what is automatic and regaining room to choose.

05 **Attachment**
Understanding how we seek safety and closeness.

06 **Relationship**
Being with others without losing touch with myself.

07 **Interconnection**
From being in relationship to feeling that we belong.

08 **Integration**
From practising the path to living it.

METHODOLOGY Mindfulness · Body and movement · Nature · Inquiry · Relationship · Everyday life

Who it's for

Adults interested in cultivating presence, self-knowledge and a more conscious relationship with their experience, their relationships and the natural world.

No previous meditation experience needed.

We also adapt the programme for local councils, schools, social organisations and community groups.

Information and enrolment

Write to us and book your place.

info@institutomcm.com
institutomcm.com/en

Scan to visit the website