INSTRUCTOR



Pablo Medrano Bayona

With a degree in Education Sciences and a master's in Mindfulness and Compassion, he designs and leads the institute's programmes. His work brings together mindfulness, attachment theory, body awareness, movement and nature, focusing on emotional regulation, a sense of safety and wellbeing.

Education

Degree in Education Sciences · University of Granada

Master's in Mindfulness and Compassion · University of Zaragoza

Higher Technician in Physical and Sports Activities

Research

An attachment-based mindfulness protocol that explores the forest as an attachment figure and as a setting for restoring attention, supporting regulation and enhancing wellbeing.

Practice

Fourteen years of sustained contemplative practice.

PRACTICAL INFORMATION

Next edition

Duration	8 weeks
Sessions	8 group sessions of about 1 h 45 min (6 in person and 2 in nature) plus 4 personalised online tutorials
Format	Blended: in person and online
Venue	Castellar del Vallès and Barcelona

For organisations

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

Methodology

Practise · Become aware · Integrate. Each session combines direct experience, understanding and carrying it over into everyday life.

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

Information and enrolment

Write to us and book your place.

info@institutomcm.com

institutomcm.com/en

Scan to visit the website

Instituto MCM
Mindfulness, Awareness and Movement

MINDFULNESS AWARENESS MOVEMENT

Despertando al Camino

Awakening to the Path: mindfulness, awareness and movement in nature · Castellar del Vallès and Barcelona

Practise. Recognise. Integrate.

Ask about **upcoming dates**

THE PROGRAMME

Despertando al Camino

Eight weeks that combine practice in nature, group sessions and personalised support to cultivate presence, inhabit the body and bring greater awareness to everyday life.

Despertando al Camino is an experiential programme by Instituto MCM that brings together mindfulness practice, body awareness, movement, relationship and direct contact with nature.

The journey isn't about "getting it right", but about developing the ability to recognise experience, open up space and choose how to respond.

The progression guides the group from presence and the body towards safety, patterns, attachment, relationship, interconnection and integration.

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.

The path doesn't end here. It begins in the way I live.

Practice gradually carries over into everyday life: body, decisions, relationships, nature and our way of being in the world.

8 WEEKS

How it works

8 group sessions

The heart of the programme: practising together, sharing the experience and building connection.



6 sessions

In person

Gatherings in a welcoming space to practise as a group and share what we experience.



2 sessions

Out in nature

We practise attention, movement and connection with our surroundings outdoors. The forest as a place of calm and safety.



4 tutorials

Online

Personalised tutorials to support you throughout the programme.

A path walked in company

Every group becomes a network that keeps supporting you after the course ends. We also hold in-person wellbeing gatherings in Barcelona.

THE JOURNEY

Eight weeks, eight movements

A teaching progression that moves from attention towards 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.