



Mindful Movement Community Trainer Course

Overview and Topic List

Who is the course for?

This course is aimed at people who wish to deliver simple chair-based mindful movement classes in their community or workplace.

What are the entry requirements?

Students should have reached the equivalent of Level 2 English or ESOL. There will be a short application form and, if necessary, an interview to assess suitability.

Who is delivering the course?

The Brighton Natural Health Foundation is a charity with more than 40 years experience of delivering mindful movement such as yoga, qigong, Pilates and dance in the community. We are passionate about mindful movement and its benefits and provide free classes for people facing health inequalities.

Overview

This course is designed to equip trainers with the knowledge and skills to deliver a short mindful movement course. The course emphasises the importance of mindful movement in soothing the nervous system, reducing pain, managing mental and physical health, and working safely with vulnerable groups in a trauma-sensitive way. All **postures are taught seated** to make it accessible. By the end of this training, participants will be able to shape and deliver a mindful movement course that is inclusive, safe, trauma-sensitive and appropriate to their chosen audience.

Course Objectives

By the end of the course, participants will be able to:

1. Understand the benefits of mindful movement.
2. Recognize the role of mindful movement in soothing the nervous system, reducing pain, and improving mental health and general well-being.
3. Employ trauma-sensitive strategies for delivering mindful movement classes.
4. Learn to work safely with vulnerable groups, including people with chronic conditions, mental health challenges, or trauma.
5. Deliver and facilitate a short mindful movement course confidently.

Course Structure

- **Duration:** 30 hours face to face training*
- **Format:** Interactive workshops, group discussions, practice sessions, and reflective exercises. Every session will include elements of practice and theory.

Assessment and Accreditation

- **Assessment:** Participants will complete a reflective journal throughout the course. There will be a quiz at the end of the course and participants will deliver a short microteach to a small group of peers.
- **Accreditation:** the course is accredited by the CPD Certification Service

Week	Topic and objectives
Week One	<p>Introduction, breath stress and the nervous system</p> <ul style="list-style-type: none"> ● An introduction to the course ● Understanding the origins of mindful movement ● To describe the basic function of the nervous system ● Understanding stress and its effect on the nervous system ● To describe the effect of breath on the nervous system
Week Two	<p>Mental Health and Meditation</p> <ul style="list-style-type: none"> ● To understand the benefits of mindful movement for mental health and well-being. ● To identify three common mental health problems ● To explain what is meant by meditation and to gain confidence to lead a short meditation practice. ● To understand boundaries and referral pathways
Week Three	<p>General Health Benefits of Mindful Movement</p> <ul style="list-style-type: none"> ● The explain the mind/body connection ● To discuss embodiment- befriending the body ● To identify physical benefits: Improved flexibility, strength, posture, and balance. ● To identify and give cues for safe posture

Week Four	<p>Habits and Accessibility</p> <ul style="list-style-type: none"> ● To explain the neuroscience of habits ● To understand the role of mindful movement in helping to change habits ● To identify the barriers in taking part in mindful movement ● To identify how to adapt classes so they are accessible ● To understand how to use props to make classes more accessible
Week Five	<p>Trauma and Listening Skills</p> <ul style="list-style-type: none"> ● To identify what is meant by trauma ● To experience a trauma sensitive class ● To explain how to make a class trauma-sensitive ● To identify what makes a good teacher ● To identify what makes a good listener ● Written assessment
Week Six	<p>Assessments and Next Steps</p> <ul style="list-style-type: none"> ● To deliver a 20 minute mindful movement practice to peers ● To identify next steps and support available from BNHF

*Taster sessions and shorter versions of this course can be arranged.

Please contact samhart@bnhf.org for more details and check our [website](#) for course updates.