



GROUND RULES

- Respect group members confidentiality and privacy. What is shared in the sessions remains in the room, and should not be discussed outside of these sessions.
- Listen carefully to what others are contributing –try to resist jumping in with your thoughts –pause and then respond.
- Do not feel under any pressure to share –only share what you are comfortable with.
- Give others space to share if they want to.
- Be respectful–especially of other people’s thoughts, feelings and emotions in response to the practices–we will all have different experiences.
- Take good care of yourself. You have choices: if a practice or discussion makes you feel uncomfortable, feel free to ‘opt-out’.
- Be kind and patient with yourself. Try to let go of your expectations and be open to this new experience. Give it a go!
- Please be on time.
- If you arrive late, please enter quietly so as not to disturb the rest of the group.
- If you want to leave a session early, for any reason, please let one of the teachers know.
- Try your best to make all the sessions.
- Let the teachers know if you aren’t able to attend a session.
- The facilitators aren’t available between sessions. If you feel that you are struggling with the practices please talk about this with them at the next session.
- If you are struggling with your mental wellbeing between sessions, please get in touch with your usual support network, including your GP if necessary. Let us know how you are getting on.