



## **OMC Twitter!**

Follow us on Twitter to receive regular updates about events like all-day meditations, new research, interesting mindfulness articles, information about our talks, tips for mindfulness practices and much more!

You can find the OMC digital team on Twitter under the name [@OMC\\_Mindfulness](#) and on our Facebook page [OMC Oxford Mindfulness Centre](#). See you there!

## **More masterclasses**

More masterclasses are coming up with Mark Williams on enquiry in MBCT, Melanie Fennell on cognitive underpinnings of MBCT, Vidyamala Birch from Breathworks, Christina Surawy on MBCT and anxiety and Anita Lewis on yoga and mindful movement for mindfulness teachers.

## **MBCT public programme**

The first two public MBCT programmes are now full. We've scheduled two more, starting in February and April to accommodate the demand.

## **Events to look out for**

Mark Williams will be speaking at the Mindfulness at Work 1st Annual conference on 10th February, 2012 ([mindfulnet.org](#)), and the second Mindfulness in Schools Project National Conference on 30th September, 2011 ([mindfulnessinschools.org](#)).

## **Training opportunities**

In 2012 we will be enrolling interns for our experiential pathway to train to teach MBCT. Information will be posted on our site shortly with information on how to apply. We will send out a newsflash to let you know when this information is up on our website.