

## Core meditation pathways & recognition of prior learning

Core meditation courses are designed to be progressive. We strongly recommend that you complete earlier courses before enrolling in the later ones. The chart below shows the standard progression on the left hand side.

Completion of everyday mindfulness is not required for enrolment into Foundations, although it is highly recommended and should be useful for most people.

We consider the three courses contained within the dotted lines to be equivalent to a 10-day vipassana retreat or a course in mindfulness-based stress reduction™. We don't normally accept someone into our advanced courses unless they have either completed our foundational courses, or one of the above programmes.

Having said that, the Core meditation method is different to vipassana and mindfulness based stress reduction. While we will accept people who meet the pre-requisites described above into our advanced courses, we advise everyone to complete at least the embodiment course, as this material interfaces with the content covered later.

