THE SANCTUARY MINDFUL WARRIOR PROGRAMME
A programme enabling young people to travel a safe, mindful path on the journey from child to adult.

On successful completion of a training course, run over three weekends, facilitators will have the skills and tools to deliver The Sanctuary Mindful Warrior Programme in their own school or youth centre.
The programme is one of the core mindfulness-based programmes developed for young people at the Sanctuary.

Built around an initiation framework linked to adolescent psychological development that includes:

- Ways to experience moments of reflective stillness
- Traditional wisdom embodied in the ‘gentle warrior’ figure
- Mindfulness and movement practices
- Use of creative imagination
- Insights from psychology of adolescent development

Developed to best serve the needs of a cohort of young people who require an alternative, experiential-led approach to their development.

Particularly suited to young people from 6th class to 2nd year, who are finding the journey to maturity and social integration challenging.

Links into many aspects of the school curriculum and youth development programmes:

- Emotional self-regulation
- Cultivation of resilience
- Growth in self-esteem

Over 10 weeks, the programme encourages a group of young people to understand the concept of the Mindful Warrior and to explore how they can integrate the Warrior Journey into their everyday life, relationships and community. It encourages young people to find, build and experience a place of Sanctuary within and around themselves.

**Learning Outcomes for the Young Person**

- Develop a reflective capacity in relation to emotional regulation, especially fear and anger, through imagination-based creative practices
- Develop a capacity for self-compassion and empathy
- Develop greater resilience and a capacity for critical choice-making
- Improve their body image awareness and health through somatic learning
- Develop a mindfulness and meditation skill set
- Be introduced to meditative practices from many cultures
- Experience a widening of their world view to include:
  - Community
  - World traditions
  - Environment
  - Ancestors
- Explore the possibility of choosing to integrate into mainstream education.
Train as a Sanctuary Mindful Warrior Programme Facilitator

The Sanctuary has now developed a facilitator training course for teachers and youth workers who, after completion of the course, will be able to deliver *The Sanctuary Mindful Warrior Programme* in their own school or youth centre.

Who is this for?

This facilitator training course is intended for experienced teachers/youth workers who are looking for experiential and effective ways to work with a cohort of young people for whom traditional models of education/youth work are not as effective.

Key Goals of Facilitator Training

At the end of this course, the facilitator will have:

- An understanding of the importance of the concept of initiation, applied to the lives of young people today
- Be invited into deepening their own practice of youth work/education in a mindfully reflective way
- Have the skills and resources to deliver *The Sanctuary Mindful Warrior Programme* in 10 x 1 hour sessions over ten weeks

Core Components of the Training Programme

An essential part of the training course will be for participants to find their inner warrior and place of stillness and resilience. Modelling this capacity to young people is an important part of the learning involved.

Trainees will be provided with the pedagogy tools and techniques to enable them to deliver on the core learning outcomes for the young people they are working with. The experiential training is supported by a course manual which will act as a reference guide for facilitators.

Trainees who successfully complete the course will be provided with the key resources needed to deliver *The Sanctuary Mindful Warrior Programme* including:

- *The Sanctuary Mindful Warrior* facilitator manual
- Facilitator’s notes on each lesson
- PowerPoint slideshow of each lesson
- References to audio and video clips

Note: This course is to enable the trained facilitators to deliver *The Sanctuary Mindful Warrior Programme* to the young people they work with; it is not designed to train participants to train other trainers.

The Mindful Warrior is a person who has moved from having the stance of “a closed fist” to having an “open hand”.

The Sanctuary Mindful Warrior Programme Facilitator Training
Course Facilitators

The course will be co-facilitated by Brother Richard OFM Cap and Caitriona McColgan. Both have extensive experience of working with young people and in delivering and developing The Sanctuary Warrior Programme itself.

Brother Richard OFM Cap

Brother Richard OFM Cap is a Capuchin Franciscan Friar and has been practicing and teaching meditation for over 20 years. He has worked with both second and third level students all over Ireland, giving retreats and teaching meditation. His emphasis is on creating a holistic framework for self-development of young people. Brother Richard devised The Sanctuary for Youth Programmes including The Sanctuary Mindful Warrior Programme, The Art of Stillness in the Classroom and, with NYCI, the Moment to Moment Programme.

Caitriona McColgan

Caitriona McColgan is Programme Manager at the Sanctuary. She has a professional background in education and has been practicing and teaching mindfulness-based programmes in schools for over 10 years. She has an appreciation of the complex needs of young people and experience working with diverse groups. Additionally, she is qualified in Addiction Studies, is a Yoga teacher and is trained with the Institute of Mindfulness Based Approaches. She is a firm believer that stillness has the potential to transform and that teaching young people how they can experience this is important for both mental and emotional health.

The Figure of the Warrior in Mythology and Wisdom Traditions – and its Relevance for Young People Today

As found in all of the great mythologies of heroes and heroines, The Warrior represents the one who is fighting to survive, fighting to be heard, fighting to become themselves. In the human life cycle the figure of The Warrior is particularly useful to The Adolescent.

The Mindful Warrior represents the human being who, after all their struggles, has now found their true self. The Mindful Warrior is one who is now fully awake, fully alive, with a compassionate heart, a person who acts from a place of reflective stillness. A person who has travelled from a stance of having ‘a closed fist’ to having an ‘open hand’.

All of the great wisdom traditions have used the archetype of the Mindful, Gentle Warrior as a means of assisting young people in traversing the difficult path of initiation from child to adult. The Sanctuary Mindful Warrior utilises this ancient path in a new, mindful and safe way to enable our young people to make this journey for themselves.
Dates and Venue
The training course will take place in the Sanctuary over three weekends on the following dates:

- Friday May 5th, 6pm to 9pm and Saturday, May 6th 9am to 6pm
- Friday May 12th, 6pm - 9pm  and Saturday, May 13th, 9am - 6pm
- Friday May 26th, 6pm - 9pm and Saturday, May 27th, 9am - 6pm

Training Course Costs
The cost of the training course is €750 per person
Fee includes:
- Course tuition fee
- Manual to include material to deliver the course; course handouts, references to audio and video clips; facilitator’s notes and PowerPoint on each lesson
- Tea/Coffee Friday evening and lunch on the Saturdays and refreshments

Training Course Prerequisites
Places on the training course are limited. Prerequisites to be accepted on the course include:

1. Ideally, completion of an 8-week mindfulness course such as MBSR / MBCT / MBCL / Breathworks or the NYCI / Sanctuary M2M course for Youth Workers/Art of Stillness in the Classroom.
2. Ideally, at least 6 months of a minimum of 20 minutes of mindfulness practice per day (such as sitting or body scan practices). Exceptions to the qualification prerequisites outlined above may be made for applicants who have a long-standing mindfulness practice in other contexts (Vipassana / Shamatha / Insight Meditation or WCCM / Centering Prayer).
3. Have read at least two of the following:
   - Mindfulness: Finding Peace in a Frantic World, Mark Williams, Danny Penman
   - Either: Full Catastrophe Living or Wherever You Go, There You Are, Jon Kabat-Zinn
   - The Miracle of Mindfulness, Thich Nhat Hanh
   - The Wisdom Way of Knowing, Cynthia Bourgeault
   - Into the Silent Land, Martin Laird
4. Preference will be given to participants who have secured an agreement with their school or centre that they may deliver The Sanctuary Mindful Warrior Programme within their own context within 18 months of having completed the course.
5. Being available to attend the entire course at all of the times and venue specified.

The programme has been developed to best serve the needs of a cohort of young people who require an alternative, experiential-led approach to their development.
Application Process

Please complete and return the downloadable application form to the email provided.

All shortlisted applicants will be asked to have a 15-20 mins telephone conversation with one of the course leaders as part of the application process.

Successful applicants will be notified as quickly as possible that they have secured a place.

A non-refundable deposit of €200 is due within two weeks of a place being offered to you. The remainder of the €750 fee must be made one month prior to the commencement of the course. For information on cancellation policy, payment process and terms and conditions, see pages 7 and 8 of the application form.

About the Sanctuary

The Sanctuary, founded by Sr Stanislaus Kennedy, is a meditation and mindfulness centre in the heart of Dublin City. Its vision is to be STILLNESS in the world. The Sanctuary works with young people, teachers and youth workers through its Sanctuary for Youth Programmes.

Trainees who successfully complete the course will be provided with the key resources needed to deliver The Sanctuary Mindful Warrior Programme in their own school or centre.
Contact us

For further information please email: youth@sanctuary.ie or phone 01-6705419. Or visit the website: www.sanctuary.ie

Location

The Sanctuary, Stanhope Street, Dublin 7, Ireland.

Public Transport

Luas - Smithfield Station (5 mins walk).
Bus routes: 37, 39, 39a, 70 and 83.

Parking

Limited street parking in the vicinity of the Sanctuary.
Free after 6.30pm directly outside in Stanhope Street.
Free after 7pm on Upper and Lower Grangegorman.
ParkRite paid parking at Smithfield Car Park.