**Tips for starting your own practice group**

Sometimes after a course groups of people want to keep connecting and practicing together. Why wouldn’t you! MPA offer free monthly booster sessions but if you’d like to meet more regularly or closer to where you live, you can set up your own sessions. MPA can support you by posting these sessions on our facebook page for you, emailing local past participants and providing some recommended tracks to play. In the communities where practice groups happen, it goes like this:

1. Find a group of keen people and decide when and how often you’d like to meet and what time. Keeping it regular will help people to remember.
2. Find a location. This might be in a park or at the beach or you might have connections with a club who will offer their room to you, or approach the local neighbourhood house.
3. Advertise or let people know. We recommend you invite people who have already attended a course or who have an established mindfulness practice, perhaps with their counsellor or psychologist. Mindfulness is a simple concept but not easy, especially when there is big stuff going on so having the support of a course or counsellor to learn about it first can be important.
4. Find some tracks and an audio setup so you can play a couple of tracks or time a silent sit. If you’re practicing together for longer than half an hour, you might like to do a moving or walking practice and then a more still one.
5. Hang around afterwards for a chat or a cuppa, congratulate yourselves for making the time to practice and then set it up for next time!

*Check out our resources page for more handy info*