

Access to TMG Courses Policy

1. TMG currently offers a range of courses – introductory course, taster courses, 8 week public courses, bespoke courses for particular groups etc.
2. Some TMG courses are open to all, others are tailored for specific requirements.
3. Similarly, some TMG courses command a fixed fee payment, others are free or allow for heavy subsidy from the centre.
4. Whilst this informal system generally works well I propose that we finesse our approach slightly to guide potential users as to the ‘level’ of each course by a simple coding process as follows:
 - **Beginner course**, requiring no previous knowledge of the philosophy and techniques of Mindfulness.
 - **Advanced course**, requiring experience of the practice of Mindfulness through the successful completion of a certified 8 week Introduction to Mindfulness course (MBCT etc.)
 - **Bespoke course**, tailored to a specific group as identified in the course literature, and not available to individuals outside that group.