



Mindfulness Association

Safety Information

**Daily Sit Mindfulness Practice Sessions
With Mindfulness Association Tutors
Every evening at 7pm and weekday mornings at 10.30am**

We are offering these practices with the intention of supporting you in your daily practice and co-creating a space for connection with self and others. We hope they are of benefit to you!

Mindfulness is proven to be beneficial for mental health and wellbeing in the right circumstances, but please note these mindfulness practice sessions are not a treatment for mental health problems or addiction. If you have recently received or are currently receiving treatment from a psychiatrist, psychotherapist or counsellor for an ongoing mental health problem, we strongly advise that you obtain advice from your mental health professional before proceeding further with these practice sessions at this time. Also, if you have recently or are currently going through a traumatic life event such as a separation from a long term partner, the death of a close family member or friend or redundancy, this may or may not be the best time for you to continue with these practice sessions. This very much depends on where you are at in your practice journey, your current psychological health and the support networks that you have around you, such as friends, family and mental health professionals.

If you are currently taking medication for a mental health condition, then we recommend that you do not change your medication, other than in close collaboration with your medication prescriber.

If any of these circumstances apply to you, then we recommend, that if you have not done so already, you contact one of our tutors to discuss your situation and the support networks you have in place and to explore how best to proceed with your mindfulness practice.

The Mindfulness Association is an inclusive organization and we welcome people of all ages, genders (including gender identification), sexual orientation, abilities, race (including colour, nationality and ethnic or national origin) and religion or belief. Please contact Jacky via membership@mindfulnessassociation.net if you have any concerns or experiences of exclusion during the practice sessions.