

OCTOBER

MINDFULNESS FOR WELLBEING

JOIN OUR FREE GUIDED MEDITATIONS

10.30am & 7pm Monday-Friday (UK TIME)

Find the link on our homepage

FOR LATEST NEWS: sign up to our mailing list



Mindfulness Association

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

1

Set an intention this month to focus on your mental and physical wellbeing.

2

Notice how you are feeling about your general health.

(MINDFUL QIGONG ONLINE)

3

Set an intention to practice mindfulness for at least 5 minutes each day.

4

Notice how you feel in your body after you have meditated.

5

How is your diet? Make today a healthy eating day whatever that means to you.

6

Drink a glass of water mindfully as you contemplate how your body benefits from water.

7

Take your body out for a slow mindful walk noticing scents and colours as you go.

8

Try one of our mini mindful qigong practices on our youtube channel. Can this have a link with it?

9

How could you be more healthy? Is there one thing you could stop doing that would make a difference?

10

When nobody is looking have a little dance to your favourite music.

11

Feeling a bit stiff? Do some mindful stretching!

12

Walk somewhere you have never been before.

13

Give someone a small gift today. Giving benefits us as well as others!

14

Have a go at making a salad with at least one ingredient you have never tried.

15

Count the number of herbs, spices fruit & veg you eat today. Even pepper counts! The higher the better!

16

Make an intention to eat one meal mindfully each day this week.

17

Walk mindfully taking photos of tiny things that catch your attention.

18

Try a herbal tea you haven't tried before.

(TRAUMA AWARENESS WEEKEND)
(FOR MINDFULNESS TEACHERS)

19

Decide to have an early night. Take a book with you.

(TRAUMA AWARENESS WEEKEND)
(FOR MINDFULNESS TEACHERS)

20

Leave your phone out of the bedroom when you go to bed. How does this feel.

(TRAUMA AWARENESS WEEKEND)
(FOR MINDFULNESS TEACHERS)

21

Set your phone to DING! Every hour to remind you to be mindful.

22

Notice how you are moving your body today. Soft and relaxed or tense and rushing?

23

Eat something purple today.

24

Offer a soothing hand to any pain or tension in your body.

(INQUIRY TRAINING ONLINE)
(FOR MINDFULNESS TEACHERS)

25

Join us for the membership weekend tonight at 7pm. email us at info@mindfulnessassociation.net

26

Try a bodyscan practice at bedtime.

MEMBERSHIP

27

Start the day with a glass of water.

WEEKEND

28

Write a list of all the reasons you are grateful.

(LEVEL ONE MINDFULNESS)
(START HERE • WAIT LIST)

29

Write a list of the things that bring you joy. Can you do one of these things?

30

How might you change a habit though mindfulness? Try this next month.



MEMBERSHIP WEEKEND

FINDING MEANING THROUGH MINDFULNESS

JOIN US THIS OCTOBER

for a weekend of teachings & practice online for just £10*

*Membership lasts for a 6 month trial period