

# MINDFUL MOMENTS IN MARCH

**Join our free daily  
guided mindfulness  
meditation sessions**

Mon-Fri 10.30am (20 mins) and 7-7.30pm  
Join our growing online mindfulness community.  
Find the *daily practice* link on our homepage  
[www.mindfulnessassociation.net](http://www.mindfulnessassociation.net)



Mindfulness  
Association

## MONDAY

**1**

Set your intention to be present for a mindful moment each day in March.

**8**

If you notice any physical pain or tension today, take a mindful moment to pay attention and mindfully massage or lay soothing hands on the pain or tension.

**15**

Spend a moment today doing a mindful doodle. What do you notice?

**22**

Give your eyes a rest for your mindful moment today by closing them and noticing how they feel.

**29**

Have a mindful moment today being grateful to someone you love.

## TUESDAY

**2**

Reflect on why it's important to you to tune into some mindful moments] each day.

**9**

Take a mindful moment to smile with your mouth and your eyes and notice how it feels.

**16**

Make your mindful moment today when you brush your teeth.

**23**

Treat yourself ~ join our practice community today by attending one of our free daily online sats.

**30**

Spend a mindful moment rolling your shoulders backwards. What sensations do you notice?

## WEDNESDAY

**3**

Whenever you pick up your phone today, take a moment to check in with your posture, lengthen the spine and notice how this feels.

**10**

Allow the view of the sky to bring you into a mindful moment today.

**17**

If you are sitting a lot today, take a mindful moment to stand and walk about a bit.

**24**

Before you go to sleep tonight, take a mindful moment to rest the body completely.

**31**

Reflect back over the month, which mindful moments would you like to carry over into April?

## THURSDAY

**4**

Take a mindful moment before you eat today to appreciate and savour the look and aromas of your meal.

**11**

Take three deep breaths as your mindful moment today and relish the sensations of air moving through the body.

**18**

Spend a mindful moment out of doors today and look for signs of spring.

**25**

Allow the sensations of breathing within the body to bring you into a mindful moment today.

## FRIDAY

**5**

Find a mindful moment today to feel your feet on this good Earth.

**12**

Find an aroma, essential oil or perfume, pay attention to it and allow this to bring you into a mindful moment today.

**19**

Why not join the anniversary celebration of our free daily sats today at 7pm. All are welcome. Find the link on our home page.

**26**

If you notice any emotional pain today, take a mindful moment to lay soothing hands on the body wherever you feel the pain.

## SATURDAY

**6**

Allow the sounds around you to bring you into a mindful moment today.

**13**

Massage your hands today, possibly with hand cream, as a mindful moment treat today.

**20**

Relax back in a chair and simply check in with your thoughts, emotions and sensations. What do you notice?

**27**

Allow the washing of your hand to bring you into a mindful moment today.

## SUNDAY

**7**

Take a few mindful sips of your tea or coffee today and notice the sensations and tastes in the lips and mouth.

**14**

Whenever you pick them up, jangle your keys mindfully today. How do they sound?

**21**

Give yourself a hug for your mindful moment today. How does that feel?

**28**

Take your mindful moment as you eat today. How are the tastes and textures in your mouth?

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Special Introductory offer

£10 for 6 months

or join our

*Teacher Membership*

for free CPD Sessions

**DAILY SUPPORT**

*If you'd like to be reminded of Heather's Daily Calendar Tips please follow us on facebook, instagram or twitter.*