



Mindfulness
Association

Mini-Meditations in May

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SATURDAY

1

Set an intention this month to include some mini-meditations in your daily life. Set an alarm as a reminder to be present.

8

When you remember, spend a few moments looking at the sky, reflecting how the mind is like the sky and thoughts are like clouds.

15

When something pleasant happens today, do a *3 min breathing space* as a way of fully experiencing it. Find the audio on our free Mindfulness Based Living app.

22

When you remember today, sit with the hands in the lap and spend a few moments simply noticing the sensations of contact between the hands and the lap.

29

Make hand washing a mini-meditation today by feeling the feet on the earth and feeling the water and soap on the moving hands.

SUNDAY

2

Reflect on your motivation for including more daily life meditation in your life. How might you benefit yourself and those around you.

9

Drink your next beverage mindfully and notice any feelings of warmth or coolness and any smells and tastes.

16

When you remember... pause to notice what thoughts are arising in the mind today.

23

Set an intention to notice your attitude to any thoughts or emotions you experience today. Do you want them to be different? Can you allow them to be as they are?

30

Whenever you remember today, simply rest in the midst of your present moment experience, enjoying the wonder of being.

MONDAY

3

Reflect on how you can remind yourself to be present during moments of your day, eg. place a sticker on the screen of your computer.

10

When challenged today set an intention to do the self-compassion break. You can find the guided audio on our free Mindfulness Based Living app.

17

Set an intention to brush your teeth mindfully today. To remember you can put a sticker on your toothbrush.

24

Can you make your next conversation a mini meditation? Being present, listening with curiosity, asking questions and remaining in touch with the feet on the earth.

31

Reflect back over the month of mini meditations and notice what was beneficial. Can you do more of this next month?

TUESDAY

4

When you remember, spend a few moments feeling the feet on the earth as a way of grounding in the present moment.

11

When you pass people in the street today, send them some wishes of kindness, saying to yourself 'May you be happy, healthy, safe and may you live with ease'.

18

When you remember be kind to yourself today, saying to yourself 'May I be happy, healthy, safe and may I live with ease'.

25

For a longer meditation today why not choose one of the guided practices from our Mindfulness Based Living app.

Benefits of Membership

We have a special Introductory offer
~ £10 for 6 months or
Join our Teacher Membership
for free CPD Sessions

WEDNESDAY

5

Set an intention to do the three minute breathing space three times today. You can find the guided audio on our free Mindfulness Based Living app.

12

When you remember take three mindful breaths today, notice how the breath feels moving through the body.

19

When you see something beautiful today, make it a support for a mini meditation by simply being present and observing the beauty.

26

When you remember today give your hands a mindful massage, paying attention to changing physical sensations from within the hands.

THURSDAY

6

When you get up from a sitting position, walk mindfully for a few steps, noticing physical sensations in the body.

13

When you hear a loud noise today, take the opportunity to become present and notice any thoughts, emotions or physical sensations you are experiencing.

20

For a longer meditation practice today, why not join our free daily sit at 10.30am and 7pm today. You can join from the homepage of our website.

27

Set an intention to do a mini smiling meditation today. Take a few moments to smile, allowing the smile to reach your eyes and notice what happens.

FRIDAY

7

Whenever you see a bird, take a moment to notice it and appreciate it's beauty and wonder at it's ability to fly.

14

Allow yourself to attend our free daily sit today at 10.30am or 7pm, visit the home page for the link and join our community of practice.

21

When you next stand up take a few moments to check into the body and notice how it would like to move to ease itself; move mindfully.

28

When you go to bed this evening do a mini bodyscan meditation, feeling sensations inside the body, moving up from the feet to the head.

JOIN OUR FREE GUIDED DAILY SITS
at 10.30am Monday-Friday & 7pm every day
FIND THE LINK ON OUR HOMEPAGE