



Sitting in SEPTEMBER

For just £10 for 6 months trial membership you can join our
FREE MEMBERS RETREAT WEEKEND “Embracing Change”
24-26 SEPTEMBER

Enjoy our membership package with member benefits. Join our growing community of mindfulness practitioners with free fortnightly teachings, weekly get togethers, discounts, and a dedicated member’s website.



Mindfulness
Association

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

JOIN OUR FREE GUIDED DAILY SITS

10.30am Monday-Friday & 7pm every day

Find the link on our homepage

Join our membership community for discounts & benefits.

5

Why not sit this evening as part of a community of practitioners at 7pm tonight. Click the link to join us on the homepage of our website. Any and every evening.

6

When you sit today, begin by setting an intention to notice when the mind wanders and then come back to presence. Then let go of the intention and trust this will happen.

7

As you settle the mind in your sitting practice today, notice in detail how it feels to breathe a little deeper and longer.

12

Be patient in your sitting practice today. Even if the mind wanders over and over again, no problem, simply guide it gently back to presence over and over.

13

Pay attention to your spine as you sit today. As you breathe in imagine the spine lengthening upwards, as you breathe out, relax the body around the spine.

14

Why not sit this morning as part of a community of practitioners at 10.30am? Click the link to join us on the homepage of our website. On any weekday.

19

Pay attention today, to the environment you are sitting in. Does your environment support your meditation practice?

20

Take time to rest in your sitting practice today, by letting go of having to do or to be anything. Even let go of the idea that you are meditating.

21

Today allow the touch on the breath to be as light as a feather floating on water. From this light touch open and be aware of all that is happening.

26

FREE MEMBERS’ RETREAT
How has it felt to sit in the company of others while meditating?

27

Today when you notice the mind has wandered, take time to notice where it has wandered to. In this way we familiarise ourselves with the habits of the mind.

28

Check in with your posture from time to time in your sitting practice today. Have you slumped a bit? If so, take time to readjust.

1

Decide how long each day you would like to sit for your meditation practice and set an intention to do this consistently in September.

8

To settle your mind today, as you breathe in, say to yourself slowly ‘This is an in breath’. As you breathe out say to yourself, ‘This is an out breath’.

15

Take time today to celebrate your good qualities and the good fortune that you have in your life.

22

When resting with sound, open to the soundscape and silences around you without preference and just be.

2

Reflect on all the benefits that you get from practising meditation and write a list. Keep it with you to keep you motivated if you start to flag.

9

As the body releases the out breath, allow the body to relax. In the same way allow the mind to release involvement with thoughts as this will allow the mind to settle.

16

After your mind has settled in your sitting practice today, spend time grounding in the body, noticing the details of the physical sensations you feel from within.

23

Don’t forget to sign up for membership so you can enjoy the benefits of the members retreat weekend this weekend for just £10.

29

If you feel uncomfortable after sitting for awhile, explore moving or adjusting mindfully.

3

When you sit today, take time to settle into your posture. Be comfortable and allow your posture to embody stability.

10

In your sitting practice today, sit back and allow thoughts the freedom to come and go of their own accord.

17

Remember, in our sitting practice there is no need to figure anything out. Trust that you will know what you need to know when you need to know it.

24

FREE MEMBERS’ RETREAT
When you sit today, set an intention not to strive. How about setting the intention to fail epically!

30

Reflect back over the last month of sitting practice. What has supported and nourished you? Can you do more of this next month?

4

In your sitting practice today, experiment with a half smile that reaches your eyes as part of your posture. Notice whether this supports your practice in any way?

11

When you sit today remember, there is no right or wrong way for your practice to unfold.

18

When you sit to practice notice any tendency to try to make something happen. See if you can simply let this be and allow the practice to unfold in its own way.

25

FREE MEMBERS’ RETREAT
Choose which sessions to attend today. As you sit if you feel any discomfort breathe in and out of the area with the sensations of discomfort.

JOIN OUR
MAILING
LIST FOR
MONTHLY
NEWS

