

JOIN OUR FREE GUIDED MEDITATIONS

10.30am and 7pm Monday-Friday

Find the link on our homepage.

February 2022

Mindful Moments in February



TUESDAY

1 Set an intention to find more mindful moments in your day during February.

WEDNESDAY

2 Reflect on why it may be beneficial to find more mindful moments in your day.

THURSDAY

3 Pause and take a mindful breath each time your phone rings or buzzes.

FRIDAY

4 FREE COMPASSION TASTER TODAY
Spend a moment looking at the sky today. What do you notice?

SATURDAY

5 Set an intention to feel the feet and smile whenever you walk through a door today.

SUNDAY

6 Place a coloured sticker on a screen you look at in your day to remind you to be present.

MONDAY

7 What is it like to brush your teeth mindfully today?

8 When you wash your hands notice the feel of the soap and water on your hands.

9 Why not join us for a free online guided meditation at 10.30am this morning. No need to sign up, just click the link on our homepage.

10 Whenever you are walking, feel the body moving step by step, then open to your environment through your senses.

11 When you notice a smile on your face, allow it to reach your eyes and breathe in any feelings of joy into your heart.

12 When you wake up in the morning, have a mindful stretch, feeling sensations in your body.

13 When you next have a hot drink, pause to notice any feelings of warmth.

14 LEVEL 2 COMPASSION STARTS TODAY
Take a pause to massage your shoulders and neck, noticing the feel of the hands.

15 Pause now and take three deep breaths. How does that feel?

16 Why not join us for a free online guided meditation at 7pm this evening. No need to sign up, just click the link on our homepage.

17 When you are next stopped at a red light, pause to be present and notice what is happening.

18 Pause and notice any emotional feelings in the body. What do you notice?

19 When you go to sleep at night, take some mindful breaths with a sense of letting go on each out breath.

20 Eat some of your next meal mindfully, paying attention to smells, textures and tastes.

21 Pause to roll the shoulders, forwards and backwards, noticing how this feels.

22 What can you hear? Notice any sounds and any space between sounds.

23 MINDFUL CONSUMING STARTS TODAY
If you exercise, why not make it a mindful movement practice by staying present with the sensations.

24 When you next have a bath or a shower spend time to feel the water on the skin.

25 When you next sit down, feel the feet on the floor and the sit bones on the seat and pause.

26 Whenever you experience a moment of difficulty, pause to notice any thoughts, emotions and physical sensations.

27 FEBRUARY PRACTICE DAY
When you are next in a queue take a moment of mindfulness.

28 FREE MINDFUL MOVEMENT TASTER TODAY
Whenever you experience a moment of joy, pause to notice any thoughts, emotions and physical sensations.

29 Reflect back over the month. What has supported more mindful moments in your day? Can you do more of this

MINDFULNESS IN ACTION CONFERENCE

19-22 MAY 2022

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Mindfulness Association