



Mindfulness
Association

the WONDER of the EVERYDAY

Join our popular New Year course starting
each January online in the evenings



SEE OUR WORLD
WITH FRESH EYES



Connect with Awareness



CULTIVATE A
SENSE OF HUMOUR



Reconnect with
what matters

THE COURSE INCLUDES:
6 BI-WEEKLY LIVE GROUP
SESSIONS, 8 PRE-RECORDED
VIDEOS, 6 GUIDED DAILY LIFE
PRACTICES, WEEKLY
WORKSHEETS & HANDOUTS



CONTEMPLATE
YOUR LIFE AS IT IS



*Appreciate the
inherent wonder*



Bring practice into daily life



*Live in accordance
with values*