

IN-DEPTH MINDFULNESS

TRAINING FOR LIFE



Mindfulness
Association

THE ONLY
SECULAR
MINDFULNESS
ORGANISATION

TO COVER
ALL 4 ELEMENTS
THAT FALL WITHIN
THE 'BIG M'
MINDFULNESS
UMBRELLA
(NEFF, 2014)

1

Paying
attention in
the present
moment



2

Relating to
experience
without judgement
or resistance
(acceptance)



3

Relating to
the experiencer
with good will
(compassion)



4

Understanding
the nature of both
the experience and
experiencer
(insight)



MINDFULNESS • COMPASSION • INSIGHT • WISDOM

www.mindfulnessassociation.net