

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday



Mindfulness Association

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May

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28

29

30

1

Spring brings new beginnings. Can we be grateful for these moments?

2

[Mindfulness Level 1 Course](#)
Welcome the new month with open arms, ready to bloom like spring flowers.

3

Spend some time in nature - be nourished and supported by it.

4

Notice the moments of spring joy - birdsong, sunlight, blooming flowers.

5

Observe nature and notice that growth takes time. Slow down and rest.

6

I am aligned with the rhythms of nature - calm, steady, and ever-evolving.

7

Gratitude transforms even the smallest moment into a world of joy.

8

[Mindfulness Level 1 Course](#)

Practice mindful stillness, knowing growth happens in silence.

9

[Compassion in Nature](#)

With every sunrise, I am given a new 24 hours to enjoy.

10

Like a seed, I am full of potential waiting to unfold.

11

Pause. Breathe. Be grateful for each new moment.

12

Notice the flowers. Thank the rain that made them possible.

13

Every mindful breath is a quiet thank you to life.

14

[The Practice of Mahayana Buddhism](#)

Be present.
Be kind.
Be grateful.

15

The more you are present, the more you can be grateful.

16

As the earth renews, so can your love - for yourself, and others.

17

Close your eyes and listen to the birds sing, each note a celebration of life.

18

Renewal begins with gentleness. Plant seeds, till the soil, be kind

19

[Mindfulness Meets Mystical Poetry](#)

Each act of compassion is a seed for peace.

20

Spring doesn't judge the bare branches - it trusts the bloom is coming.

21

[Live Well to Die Well](#)

There is peace in noticing every moment with acceptance and gratitude.

22

Kindness, like spring rain, nourishes unseen roots.

23

Be here, be kind, and watch the world bloom around you.

24

Be mindful of the spring air. What does it feel like on the skin?

25

What new habit would you like to plant this spring?

26

Spring and rebirth. Be grateful for being part of the cycle of life.

27

Be mindful of spring colours. What stands out, what colours do you notice?

28

Reflect on a simple joy that warms your heart like the spring sun.

29

Spring is just another season. Enjoy, rather than cling to or push away, all the seasons.

30

Reflect on a recent moment of awe you experienced in nature.

31

Bring some gratitude to your body. It carries you into a new month