

AUGUST

SUMMER, SELF-CARE AND SHARING



Mindfulness Association

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JOIN US FOR FREE GUIDED MEDITATIONS

10:30 & 19:00
Monday to Friday

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4 Loosen up the body with this short <u>Qigong practice</u> 11 Join our FREE <u>daily guided evening meditation</u> 19:00 UTC 18 Revisit all of our <u>Daily Sit meditation recordings</u> 25 Join our FREE <u>daily guided morning meditation</u> 10:30 UTC	5 Join our FREE <u>daily guided morning meditation</u> 10:30 UTC 12 Take some time for self care with this <u>Safe Place Meditation</u> 19 Join our FREE <u>daily guided evening meditation</u> 19:00 UTC 26 Make space for some calm in your day with this <u>mini meditation</u>	6 Enjoy recordings of our <u>daily meditations</u> on Soundcloud 13 Get inspired to spend some <u>mindful time</u> in nature 20 Explore <u>mindful poetry</u> with our FREE blogs 27 Connect with the <u>body</u> for a few minutes today	7 Visually minded? Then check out our <u>FREE mindfulness infographics!</u> 14 135 FREE <u>mini meditations</u> on our YouTube channel - something for every situation! 21 A 5 minute <u>practice of self-compassion</u> for stress reduction! 28 Explore all the <u>mindfulness courses</u> we offer	1 Take the FREE <u>daily mindful movement challenge!</u> 8 Sign up for our <u>FREE 4-week mindfulness course</u> 15 Join our FREE <u>daily guided morning meditation</u> 10:30 UTC 22 All the MBLC, CBLC, MBLC-YA and <u>Insight practices</u> available here 29 Join our FREE <u>daily guided evening meditation</u> 19:00 UTC	2 Start the weekend with this <u>5 - minute relaxation meditation</u> 9 Mindfulness in your pocket! Download our <u>free app!</u> 16 Long week? Take a few minutes to <u>Just Breathe!</u> 23 Read our <u>research project Mahamudra & Mindfulness</u> 30 Notice what it is like to “<u>Pause, Soften, Soothe, Allow</u>” in this mini meditation	3 Check out our <u>YouTube channel</u> for hundreds of <u>FREE meditations</u> 10 Summer can be demanding on your time! Take a 5-minute <u>self-compassion break</u> 17 Enjoy these <u>FREE talks</u> by our founder Rob Nairn 24 Take a <u>mindful breathing break</u> for a few minutes today 31 End of the month, a time to <u>relax the body and the mind</u> with this practice