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Mindfulness  
Association

# SEPTEMBER

*A Month of Mindfulness in Daily Life Prompts*

## JOIN US FOR FREE

### GUIDED MEDITATIONS

10:30 & 19:00 Monday to Friday

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Sunday

**“Mindfulness isn't difficult, we just need to remember to do it”**  
*Sharon Salzberg.*

Monday

**1** Start each day mindfully. Take five slow breaths before getting out of bed.

Tuesday

**2** Several times today, stop, step out of autopilot and notice the body and any emotions you are experiencing.

Wednesday

**3** Make your break a moment of mindfulness. Drink your tea or coffee without distractions and savour the moment.

Thursday

**4** When standing in a queue, feel the ground beneath your feet, feel the breath in the body.

Friday

**5** **Mindfulness, Qigong & Yoga Retreat Weekend starts today!**

Saturday

**6** Prepare a treat meal for yourself. Eat it mindfully, and bring gratitude to the taste, texture and feel.

**7** Treat your senses. Spend time in nature and be mindful of the sounds, sights and smells

**8** When walking today, notice the texture of your clothes against your skin and the earth beneath your feet.

**9** **Managing Anxiety: In life and in Meditation Course starts today!**

**10** Being mindful of movement, be it exercising, dancing, or gardening, elevates the movement into meditation

**11** Autumn brings changes in weather. Notice the feel of the air, the quality of light and changes in temperature!

**12** Try some forest bathing or “Shinrin-yoku”. Take a mindful walk amongst the trees.

**13** Use tidying as an opportunity to be mindful! Focus on the cleaning as an act of stress reduction.

**14** Pay attention to the shifting colours of the trees, leave and foliage as autumn arrives

**15** Create a mindful sleep routine. Think about consciously winding down each night.

**16** Walk mindfully over the fallen leaves. Notice how they crunch under foot.

**17** Use the impulse to pick up your phone as a reminder to focus on your breath instead.

**18** Sound is an invisible sea. Take time to immerse yourself and mindfully listen to the soundtrack of life.

**19** Any time you walk today, use it as an opportunity to practice mindful walking. Feel the feet on the floor.

**20** Hold a fallen leaf, study its veins, edges, and patterns. What colours are there?

**21** Wash your hands slowly, noticing the temperature and feel of the water.

**22** Breathe deeply and savour the smells of autumn

**23** Listen to your favourite piece of music. How does it makes you feel, physically and emotionally?

**24** Notice the earlier evenings and the quality of autumn light as dusk sets in.

**25** Don't distract yourself whilst preparing food. Enjoy the act of creating a meal.

**26** **Mindfulness Level 1 Weekend starts today!**

**27** When you walk, simply walk. No music, no distractions, just movement.

**28** Reflect on the idea of letting go, like trees releasing their leaves. Journal your thoughts.

**29** Be mindful of what you can see. Autumn colours may be all around - drink them in as you breathe mindfully.

**30** Notice the tiny pauses between sounds when listening to city noise or birdsong.

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