



MARCH

SUNDAY

01

Step outside take three slow breaths. Feel the air enter and leave your body. Simply arrive.

08

Look at a reflection in a pond or puddle. Notice the soft distortions and ripples.

15

Watch the sky for 5 minutes. Observe the shapes of the clouds as they move and change.

22

Focus on the sound of the wind. Notice how it changes when it passes through trees and foliage.

29

Listen to a stream or fountain. Focus on the sounds, the high and low-pitched splashes.

MONDAY

02

Walk barefoot on grass or soil. Feel the texture against your soles.

09

Stand still outdoors. Feel the air moving across your skin. Is it cool or warm?

16

Walk a familiar route in nature. Look for details you've never noticed before.

23

Find a flower and inhale slowly. Notice the subtle layers of its fragrance.

30

Sit by the water's edge. As the wave rolls in, inhale slowly. As the water retreats back to the sea, exhale fully.

TUESDAY

03

Mindfulness Level 1 – Second Spring Intake Course Starts Today!

10

When at the coast, close your eyes, breathe and listen to the energy in the waves.

17

If you work at a desk, every hour take a few minutes to look out of the window and focus on any natural object.

24

Examine a single leaf's veins and edges. Appreciate its unique structure.

31

Throw a stone gently into water. Pay attention to the sound created and the ripples.

WEDNESDAY

04

On a walk in nature, choose one colour & notice every shade of that colour around you.

11

Next time it rains or thunders, sit by the window for five minutes and just be mindful of the natural show!

18

Do gentle stretches outside. Move slowly and notice how your body feels in open air.

25

Imagine roots growing from your feet into the earth. With each exhale, release tension down into those roots.

THURSDAY

05

When you water your plants, don't just rush through it. Touch one leaf. Notice if it feels waxy, fuzzy, or cool.

12

Collect wildflowers to brighten your home. Observe the colours and textures of the petals

19

In a park or wood, sit quietly and listen to the natural, soothing soundtrack of birdsong.

26

When it is raining, watch raindrops hit a surface. Follow the ripples they create and breathe mindfully.

FRIDAY

06

Spring Members Weekend and Spring Members Retreat begin.

13

Feel the wind on the exposed skin of your face or hands. Use the sensation as a mindful anchor.

20

There is no such thing as bad weather, just the wrong clothes! Try to observe the weather without judgement!

27

Tree Breathing: Inhale as you look up the trunk to the branches; exhale as you follow the trunk back down to the roots

SATURDAY

07

Mindfulness Level 1 – Third Spring Intake begins

14

Try the Japanese art of 'Shinrin-yoku' or 'forest bathing'. Walk through a woods, observing the trees mindfully.

21

When gardening, take time to feel the texture of soil in your fingers. Breathe in the aroma.

28

Go outside early. Notice the crispness of morning air and the sense of beginning.

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