

NOVEMBER

SUNDAY

Sit by a window for 1
5 minutes. Watch the
outside world without
looking at a screen.

Say no to one 8
low-priority
request this week to
preserve energy.

Wrap up in a warm 15
blanket and notice
where your body
feels supported.

Sit quietly for 22
ten minutes at dusk
without turning on
artificial light.

Make some time to 29
be alone and just
rest in silence for a
few minutes.

MONDAY

Drink your morning 2
tea or coffee with both
hands. Do nothing else
until finished.

Do nothing for 5 9
minutes every hour,
just breathe to help
prevent burnout.

Find a quiet spot 16
and listen for the
subtle background
silence behind sounds.

Spend 15 minutes 23
on an activity
purely for fun—
no goals attached.

Set a mindful 30
intention to continue
with these resting in
the midst practices.

TUESDAY

Mindfulness Based 3
Spiritual Practice
starts today.

Mindful Qigong 10
Moving with
Compassion
starts today.

Reconnect with 17
the body by pausing
and noticing if you
feel warm or cool.

Frequently check 24
in with the body and
move/stretch in any
way that feels needed.

FREE GUIDED
MEDITATIONS
Monday to Friday.
10:30 & 19:00
[Click here](#)
to learn more

WEDNESDAY

Mindfulness Meets 4
Mystical Poetry
starts today.

Shake out your 11
arms and legs
regularly to clear
built-up tension.

Convert disruptions 18
into mindful moments by
pausing and breathing
a few times before
answering your phone.

When your 25
responsibilities are
done for the day, try just
sitting in your favourite
chair, breathe and rest.

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THURSDAY

Lay flat on the floor 5
or bed for 5 minutes
in complete stillness.
Revel in doing nothing.

Close your eyes for a 12
few minutes and
identify 5 distinct
ambient sounds.

Replace impulsive 19
reactions by taking
three mindful breathes
before opening any
text or email.

When washing your 26
hands, allow cold water
to run over the wrists,
notice how this soothes
and grounds you.

FRIDAY

Close all screens one 6
hour before bed to
prepare the mind
and body for sleep.

Next time you stand 13
in line, keep your
phone in your pocket
and just breathe.

Neurodiversity- 20
Informed
Mindfulness Weekend
starts today.

Reflect on what is one 27
thing you want to do
this weekend. See what
arises and make sure
you carry this out!

SEE ALL
OF OUR
UPCOMING
COURSES

SATURDAY

Block off 60 minutes 7
today with zero
plans. Do whatever
feels nourishing.

Tonglen 14
Weekend
starts today.

Focus on your body. 21
What does it need
right now? Move, walk
or simply stretch with
complete attention.

The breath is in 28
ongoing thread linked
to the present. Pick up
that thread and just be.



Mindfulness
Association