

FEBRUARY

LOVING KINDNESS

Join  Us!

Come in from the cold

FREE GUIDED MEDITATIONS

10.30am & 7pm

Online ~ Monday ~ Friday

Find the link on our homepage



Mindfulness Association

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

WOULD YOU LIKE TO LIKE TO FEEL PART OF A COMMUNITY OF MINDFULNESS PRACTITIONERS?

Join our membership for just £10 for a 6-month trial period.

We offer two free members retreat weekends per year, a weekly newsletter, fortnightly teachings, and access to our teaching and practice archives.

Email us on membership@mindfulnessassociation if you'd like to sign up!

1

May you be happy
May you be well
May you be free from suffering

2

May you be safe
May you be healthy
May you live with ease

3

May you be supported
May you be grounded
May you feel your strength

4

May you be gentle with yourself
May you feel your worth
May you flourish

[MINDFULNESS FOR STRESS WEEKEND]

[INQUIRY FOR TEACHING COMPASSION]

5

May you know peace
May you know stillness
May contentment fill your heart

6

May you brave
May you be wise
May clarity be with you

7

May you find time to rest
May you be kind to yourself
May you take good care of yourself

8

May we be happy
May we be well
May we be free from suffering



9

May we be safe
May we be healthy
May we live with ease

10

May we be supported
May we be grounded
May we feel your strength

11

May we be gentle with ourselves
May we feel our worth
May we flourish

12



May we know peace
May we know stillness
May contentment fill our hearts

13

May we be brave
May we be wise
May clarity be with us

14

May we find time to rest
May we be kind to ourselves
May we take good care

15

May I be safe
May I be healthy
May I live with ease

[MINDFUL JOURNALLING COURSE]

16



May I be happy
May I be well
May I be free from suffering

17

May I be supported
May I be grounded
May I feel my strength

18

May I be gentle with myself
May I feel my worth
May I flourish

19

May I know peace
May I know stillness
May contentment fill my heart

20

May I be brave,
May I be wise,
May clarity be with me

21



May I find time to rest
May I be kind to myself
May I take good care

22

May all beings be happy
May all beings be well
May all beings be free from suffering

23

May all beings be safe
May all beings be healthy
May all beings live with ease

24



May all beings be supported
May all beings be grounded
May all beings feel their strength

[POETRY PRACTICE DAY]

25

May all beings be gentle with themselves
May all beings feel their worth
May all beings flourish

26

May all beings know peace
May all beings know stillness
May contentment fill all beings' hearts

27



May all beings be brave
May all beings be wise
May clarity be with all beings

28

May all beings find time to rest
May all beings be kind to themselves
May all beings take good care

29

May all beings experience the joy of new discoveries!

What is the practice of Loving Kindness?

February is the month of love!
What better way to keep love in our heart than by engaging the practice of Loving Kindness for the entire month?

May you be happy!

May you find contentment!

May you find time to practise!

May you live with ease!

May we all live in peace!

