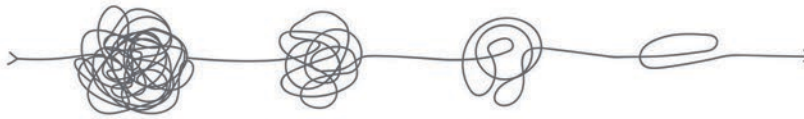


MARCH

The power of mindful breathing



Follow us on social media for daily mindfulness support.



Mindfulness Association

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

JOIN OUR FREE MEMBERSHIP WEEKEND 10-12 MARCH

Joining our membership costs just £10 for a 6 month trial period.

Find out more about member benefits from our website
ATTEND OUR MEMBERS WEEKEND of TEACHING & PRACTICE FOR FREE as a MEMBER!

6

How do you feel when focusing on the breath at the nostrils?

13

When you breathe deeply and evenly it sends a message of okay-ness to the brain.
[MEMBERS + TEACHERS RETREAT]

20

Spend a few moments ...feeling... the rising and falling of the belly with each breath.

27

Want to relax? Breathe out for longer than you breathe in.

7

For the next few breaths Relax your face. How does this feel?

14

Try SQUARE breathing breathe in - hold in breathe out - hold out What happens?
[MEMBERS + TEACHERS RETREAT]

21

How do you feel when focusing on the movement of the breath at the belly?
[THE MINDFUL BODY - LEVEL ONE]

28

Breathe in smile with the eyes breathe out relax. What happens?

8

What happens when you breathe a little deeper than normal?

15

Spend a few moments feeling the rising and falling of the ribcage with each breath
[MEMBERS + TEACHERS RETREAT]

22

For the next few out-breaths relax your shoulders... How does that feel?

29

Can you feel the back of the rib cage moving as you breathe?

9

Breathing mindfully can help you cope in difficult moments.

16

How do you feel when focusing on movement of the breath at the rib cage?

23

What happens when you breathe in and out for an equal count of 4?
[FUNDAMENTALS OF INQUIRY]

30

Feeling sleepy? Focus on the in breath What happens?

10

FREE ONLINE MEMBERS WEEKEND Why not join our membership for just £10 and join us for our FREE MEMBERSHIP WEEKEND of teachings and practice! Starts at 7pm tonight.

17

Feeling stressed? BREATHE OUT for longer than you breathe in.
[INSIGHT COURSE STARTS]

24

In a difficult moment, imagine breathing into the heart and out, around the whole body.

31

How has breathing mindfully supported you this month?

11

FREE ONLINE MEMBERS WEEKEND Can you feel the collar bones moving as you breathe?

18

For the next few out breaths relax your shoulders. How does that feel?

25

For the next few out breaths relax your belly. How does that feel?

31

Join Us for free daily guided mindfulness meditation 10.30am & 7pm Monday-Friday Find the link on our homepage.

12

FREE ONLINE MEMBERS WEEKEND Breathe in and hunch the shoulders breathe out and relax. What happens?

19

What happens when you breathe out... a little longer?

26

Feeling triggered? Imagine breathing in and out of the feet.