

MARCH

Emergence

What has been waiting to emerge within your heart?
 As the days lengthen, let's see what is waking up within ourselves.
 Join us for a month of spring challenges and intention setting.



Mindfulness
 Association

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



JOIN OUR FREE GUIDED
 DAILY MEDITATIONS
 10.30am & 7pm
 Monday-Friday (UK TIME)
 Beginners Welcome!

JOIN OUR MEMBERSHIP THIS MONTH!
 Just £10 for a 6 month trial period
 FREE MEMBERS ONLINE WEEKENDS, MONTHLY
 TEACHINGS MEMBERS WEBSITE with TEACHING
 ARCHIVE and RECORDED PRACTICES. Join Us & Join In!

1
 Settle the breath and feel
 your feet on the ground.
 What is your intention for
 this season?
FREE MEMBERSHIP ONLINE PRACTICE WEEKEND

2
 What one attainable step
 can I take towards a new
 beginning this month?

3
 Go somewhere today
 you have never been.

4
 Plant something in a
 pot, or in your garden,
 or if it feels easier, buy
 yourself a new plant to
 take gentle care of.

5
 Set an intention to watch
 a sunset the next time
 the sky is clear. Noticing
 what you can see, smell,
 hear and feel.

6
 Challenge yourself to
 take off your socks and
 shoes and stand bare-
 footed in a patch of
 earth. What sensations
 do you notice?

7
 Try something new for
 the first time - maybe
 listen a little longer
 before you speak?
 Or try a new food?

8
 Set an intention to
 wake up and witness
 the dawn. How does
 dawn emerge? Notice
 with all the senses.

9
 Set an intention to turn
 off all devices for one
 hour before bed. Could
 this be a new bedtime
 routine?

10
 Challenge yourself to
 spending an hour a day
 outdoors for the week.
 If you already do,
 make it two hours!

11
 How are you getting on
 with the intention you
 set for yourself this
 month? Journal any
 reflections.

12
 Set an intention to
 listen to the rain the
 next time that it rains.
 How does this make
 you feel?

13
 Challenge yourself to
 clean your desk, your
 hearth, your wardrobe.
 Clear out anything that
 needs clearing.

14
 Set an intention to
 change chair positions
 at the dinner table.
 Is there a new
 perspective?

15
 Create something. Bake
 a cake, make a card,
 write a handwritten
 letter to someone-
 noticing how it feels.

16
 Go for a spring nature
 walk and set an inten-
 tion to feel your feet on
 the earth, to look up
 and notice what is
 around you.

17
 Look around your room
 and let your attention
 settle on something that
 grabs your attention.
 What does it mean to
 you?

18
 Choose a meal or snack
 to eat mindfully. As you
 handle the food
 consider all the hands
 that have brought this
 food to you.

19
 The next time you have a
 drink, hot or cold, con-
 template the journey the
 water has made to arrive
 with you in this moment.

20
 Each moment is full of
 potential. Challenge your
 habits by doing some-
 thing differently. What
 will you choose to do
 differently today?

21
 What can you smell?
 Spend the whole day
 tuning your senses into
 the aromas and scents
 of the world around
 you.

22
 Notice green today.
 Notice how you feel
 about each different
 green colour- like? don't
 like? don't mind?

23
 Today notice if you have
 a preference not to do
 something you know you
 need to do. How will you
 feel if you just do it? How
 will you feel if you don't?

24
 Go for a walk today and
 look for budding
 branches. Be curious and
 present with the wonder
 of nature.

25
 What might you learn
 from watching people?
 Set an intention today to
 people-watch. Notice
 what happens in the
 mind.

26
 Try listening to some
 music you have never
 heard before. Notice how
 it makes you feel.

27
 Look for a class in
 something you have
 never tried before, and
 book yourself on!

28
 Sit and meditate in an
 unusual place. How does
 this feel? Or maybe join
 our daily sit at 10.30am
 or 7pm (Mon-Fri)

29
 Look back over the
 month. How has it been
 to shake up your
 habits a little? Any sense
 of growth?

30
 Try sitting for ten
 minutes in silence after
 your practice. Notice
 how it is just to sit in
 presence.

31
 Think of the month
 ahead. Set an intention
 for one very small
 manageable change.