

MARCH Relationships

OUR MEMBERS' FREE WEEKEND IS ON THE 4-6 MARCH

Join us for a weekend of teachings connection & practice for just £10



JOIN US! Mindfulness Association Membership •£10*

Comes with a package of benefits

- Access to membership site and archive • Live bi-monthly teachings • Audio and video teachings • priority booking
- reduced prices for conferences • 2 Free membership weekends • Use of MA member & teacher-member logos. And ~ each year you will receive an exciting membership digital gift as a thank you!

*For 6 months trial period

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

-online-
FREE GUIDED MEDITATION
10.30am & 7pm
MON-FRI (UK TIME)

1 Set an intention to prioritise your relationships this month.

2 Reflect on why your relationships are important to you.

3 Before you meet someone say some kindness wishes for them and see what happens.

4 MEMBERS' FREE WEEKEND
Need the company of like minded mindfulness people? Why not join our membership. Check out our website!

5 MEMBERS' FREE WEEKEND
Be present in your conversations with others, feel your feet on the floor and the breath in your body.

6 MEMBERS' FREE WEEKEND
Spend some time today reflecting how interconnected we all are. How can you connect today?

7 If you need to have a serious conversation with someone go for a walk with them to have the conversation.

8 STILLNESS in MOVEMENT
When an emotion arises about uncertainty, can you zoom out from buying in to the emotion and be curious?

9 You are not your emotions, but emotions are moving through us, like clouds moving across the sky.

10 FREE POETRY TASTER
Before having a difficult conversation a 3 minute breathing space, which you can find on our free app.

11 Is there an area in a relationship where you are putting yourself first? How can this change to support all in the relationship?

12 We cannot know what is going to happen in the future, but we can be present now.

13 When we are present we are able to act more skilfully and create the causes for a better future.

14 When you know someone is struggling, do an act of kindness for them.

15 If you are experiencing a difficulty in a relationship, step into the shoes of the other and reflect on their perspective.

16 Take some time to reflect on the myriad causes and conditions that lead to what is happening in this moment.

17 Need some company? Why not join our free live online weekday guided meditations and find your community.

18 Can you be sensitive to the challenges of someone in your life? How can you help?

19 Often just being present in our relationships is all that is needed for them to thrive?

20 We can only flourish in community. How can you connect with your communities?

21 Reflect on pride. Can you see how thinking we are better than others disconnects us?

22 When you notice feelings of uncertainty, ask yourself, 'What expectations am I buying in to?'

23 When you are experiencing a difficulty in a relationship, pause to do a self-compassion break, which you can find on our free app.

24 Reflect on your expectations of your relationships. Are they realistic?

25 Learn to listen fully. Can you resist the urge to interrupt?

26 MINDFULNESS LEVEL 1
PRACTICE DAY
Be kind in your relationships. If you can't be kind, at least do no harm.

27 MINDFULNESS LEVEL 1
When you are reactive and hurt someone, can you take responsibility and apologise?

28 Can you see how anger - damages relationships? Set an intention to be a force for kindness not anger.

29 When you notice a mis-communication... pause...step into a wider perspective. Is there something you are missing?

30 Can you speak your truth in your relationships? If not, what gets in the way?

31 MYSTICAL POETRY
Reflect back over the month. What has helped your relationships flourish? Can you do more of this next month?

FREE MEMBERS' TEACHINGS & PRACTICE
3, 17, 31 March

LEVEL 1 MINDFULNESS
Being Present
STARTS 26 MARCH
4 X WEEKENDS



Mindfulness Association