



NOVEMBER

MINDFUL HYGGE

Cosy Up!



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



JOIN OUR FREE GUIDED MEDITATIONS
10.30AM & 7PM Monday-Friday (UK TIME)
FIND THE LINK ON OUR HOMEPAGE

1

Mindfully cook some nourishing soup

2

Create a morning ritual for practice

3

Put your most comfy, squishy socks on and feel all of the sensations of sock on skin

4

Spend twenty minutes mindfully journaling

5

Warm a facecloth and place it on your face and feel the sensations

6

Eat by candlelight

7

Learn a new mindful activity, like knitting or puzzle making

8

Make yourself a hot drink and drink it mindfully

9

Take a moment to rest with a good book

10

Create a gift for someone you love and deliver it to them!

11

Set aside a Sunday as a day of nourishment

12

Have a no-phone evening

13

Take a mindful walk in your favourite jumper

14

Reduce the amount of lights you use. How does this feel?

15

Turn off the Netflix and listen to your favourite album

16

Create an evening ritual that is without media

17

Go outside after the rain and take in the smell of the earth

MINDFULNESS IN NATURE WEEKEND AT SAMYE LING

18

Fill a basin with warm water and wash your feet- How does that make you feel?

PRACTICE DAY MYSTICAL POETRY & SERENITY

19

Invite a friend over and play a board-game or cards ~ give the gift of your presence

20

If it is raining outside, listen to the sound

21

Bake yourself something healthy and sweet. Notice smells, sensations and taste. Share it!

22

Go on a woodland walk and notice the sound of birds

23

Wrap yourself in a warm scarf, go outside and feel the cold on your skin

24

Write a handwritten letter to a friend and post it!

25

Spend some time alone or if you live alone, reach out to someone you love

26

Join us for daily meditation, you will be most welcome!
10.30am & 7pm (Monday-Friday)

27

If there is a difficult emotion, meet it with kindness and warmth

28

Give yourself a nowhere-to-go and nothing-to-do day!

29

Feel the wind through your hair or the sun on your face

30

Wrap yourself in a cosy blanket and feel the warmth. Rest in that cosy feeling

We have a mailing list & a growing membership!

Would you like to join us?

If you'd like a monthly email from us, or join our membership to receive a weekly digest and monthly teachings please email us.