

NOVEMBER

the wonder of the everyday

Join Us!
FREE GUIDED MEDITATIONS
10.30am & 7pm
 Online ~ Monday ~ Friday
 Find the link on our homepage

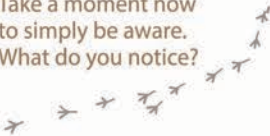


Mindfulness
 Association


Monday

FROM FIRST STEPS
 TO MASTERS DEGREES,
 WE HAVE A MINDFULNESS
 COURSE TO SUIT YOU.


7
 Take a moment now
 to simply be aware.
 What do you notice?




14
 Spend a moment reflecting
 on this question: How can I
 create the conditions for
 true wellbeing?



21
 What is a value that I hold
 dear in relation to my work?
 How can I live this value
 today?




28
 What is a value that I hold
 dear in relation to my health?
 How can I live this value
 today?




Tuesday

1
 Set an intention this month
 to contemplate your life
 as it is, in order to see it
 with fresh eyes.



[Mindful Mystical Poetry]

8 [L3: MINDFUL MOVEMENT]
 Spend a moment reflecting
 on this question:
 How can I be true to myself?




15 [MSC OPEN EVENING 7pm]
 Take a moment to feel the
 feet on the floor.
 What is that like?



22 1 YEAR WISDOM COURSE
 Why not join our free daily sit
 today at 10.30am or 7pm?
 Join from our homepage
www.mindfulnessassociation.net




29
 What will remind me to
 speak and listen mindfully
 today?




Wednesday


2
 Why is it important to you
 to reconnect with what
 matters most in your
 everyday life?




9 [LEVEL 1: CONTINUATION]
 What can I do to remind
 myself to be mindful
 in my work today?



16
 What can I do to remind myself
 to be mindful when I first wake
 in the morning?



23
 Bring to mind something
 that makes your smile with
 your eyes and ponder it for
 a while. How does that feel?




30
 What has helped me to
 experience the wonder of
 the everyday this month?
 Can I do more of it
 next month?



Thursday

3
 Can you be present today
 to the inherent wonder
 of your life?



10
 Take a moment now to
 notice the feeling of the
 breath in the body.



17
 What do I appreciate about
 my life in this moment?




24
 What can I do to remind
 myself to eat my meals
 mindfully today?



JOIN US for an ONLINE
 ~ OPEN EVENING ~
 LONDON BASED MASTERS
 'TEACHING MINDFULNESS
 & COMPASSION'
 Nov. 15TH at 7pm

Friday

4
 What is a value that I hold
 dear in relation to my
 communications with
 others? How can I live this
 value today?




11 [SAMYE RETREAT WEEKEND]
 Spend a moment reflecting
 on this question: How can I
 live authentically today?



18
 What are you doing now?
 Can you do it mindfully?




25
 What is a value that I hold
 dear in relation to my
 friends?
 How can I live this value
 today?




Saturday

5
 Spend a moment reflecting
 on this question:
 How can I let myself be
 happier?




12 [SAMYE RETREAT WEEKEND]
 What is a value that I hold
 dear in relation to my
 family? How can I live this
 value today?



19
 Can I notice today when I
 am manipulated by my
 fleeting wants?




26
 Spend a moment reflecting
 on this question:
 How can I cultivate the
 courage to trust myself
 today?



Sunday

6
 What am I grateful for
 in my life today?



13 [SAMYE RETREAT WEEKEND]
 Take a moment now to
 place your hand on and to
 connect with your heart.
 What happens?



20
 Take a moment to
 experience the space
 around and above you.
 How does that feel?



27 [ONLINE PRACTICE DAY]
 What can I do to remind
 myself to be mindful during
 my pre-sleep routine?

If you have found our calendar useful...
 why not sign up for our Wonder of the Everyday
 six session online course on Wednesday evenings
 starting on 11th January 2023

