

# SEPTEMBER

## Mindful Moments

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

  
Mindfulness  
Association

Monday

**START  
HERE**  
this  
SEPTEMBER

Tuesday

**LEVEL 1  
MINDFULNESS  
WEEKENDS  
OR ONLINE**

Wednesday

Thursday

Friday

Saturday

Sunday

If you find this calendar useful...  
Why not follow our stories on social media  
to get your daily mindfulness support... &...  
sign up to our mailing list to find out what's on.

4

Can you be  
fully present  
in this moment,  
now?

5

LEVEL 3: INSIGHT  
What is it like  
to focus on your breathing  
in this moment?

6

In this moment  
can you acknowledge  
the imperfections of the  
human condition  
without self-criticism?

7

Acceptance  
in mindfulness  
involves  
allowing a moment  
to be just as it is.

8

TRAUMA COURSE  
FULLY BOOKED  
What do you notice,  
through your senses,  
in this moment?

9

How does the body feel  
in this moment?  
What sensations  
are predominant?

10

Can you cultivate an  
attitude of patience  
in this moment, without  
rushing or forcing?

11

MYSTICAL POETRY  
& MINDFULNESS  
What can you hear  
in this moment?

12

Acceptance in mindfulness  
involves  
being with thoughts,  
emotions and sensations,  
whatever they are.

13

Can you let go of the  
labels and directly sense  
the varying pitch and  
volume of the soundscape  
around you?

14

Feel the feet  
on the ground.  
Can they be an anchor  
for you to stay present  
now?

15

START HERE  
MINDFULNESS in NATURE  
at SAMYE LING • WEEKEND  
When you are present  
can you feel your  
interconnectedness  
with the beings who you  
share the world with?

16

Take a moment  
to feel the breathing  
moving through the body.

17

Acceptance in mindfulness  
involves noticing  
how you feel about what  
you are feeling.

18

When you become  
distracted from the present  
moment, can you notice  
where your mind has gone  
to?

19

What do you appreciate  
most in your life  
in this moment?

20

When you are present  
in this moment,  
do you notice  
a judgement?

21

How do you  
experience judgement?  
What thoughts, emotions or  
sensations do you notice?

22

TEACHER TRAINING  
LEVEL 3: COMPASSION  
How does it feel  
to be distracted?  
Does it feel different  
from when you are  
present?

23

START HERE  
MINDFULNESS in NATURE  
PEAK DISTRICT WEEKEND  
Do you notice yourself  
labelling thoughts  
as good or bad?  
  
This is a judgement.

24

Acceptance in mindfulness  
involves noticing how you  
are relating to your  
experience.

25

In this moment  
what is your attitude to  
yourself?  
Kind? or critical?

26

How can you be kind to  
yourself in this moment?

27

When you are present  
can you feel your  
interconnectedness  
with the world?

28

START HERE • ONLINE  
MINDFULNESS  
LEVEL 1: Being Present  
Acceptance  
in mindfulness  
involves stepping back  
into a wider perspective.

29

TEACHER TRAINING  
START HERE  
Take a moment  
to celebrate  
the mindfulness moments  
you have experienced  
this month.

30

What has supported you  
to be present during  
September?  
Can you do more of this in  
October?

Join Our  
ONLINE  
MEMBERSHIP  
WEEKEND  
FOR JUST £10!  
20-22 October  
for a whole weekend  
together with practice  
and teachings