



# Introduction to Mindfulness and Meditation

**Wednesday 5<sup>th</sup> November**

**2.15pm – 3.45pm**

**Multifaith Centre, Owen Level 2**

In this free 90 minute session we will introduce you to the three key aspects of mindfulness and meditation:

- Formal mindfulness – meditation
- Mindful movement
- Informal mindfulness to practice any time of day

The session will include several short meditations, as well as some breathing practice. There will be mindful movement – a gentle Qigong practice. And there will be a discussion of informal mindfulness, including savouring and techniques to reduce stress. We will conclude with a guide to online practices which can help you develop and sustain your practice of mindfulness and meditation.

The session will be guided by members of the Centre for Mindful Life Enhancement. Since 2010 we have introduced mindfulness and meditation to more than 2000 people. No previous experience is required. Once you have signed up, we will send you further information and guidance.

Please arrive at least five minutes before the start of the session.



**[Book your place:](#)**

