



# MINDFULNESS MEDITATION DISCUSSION AND GUIDED PRACTICE

VENUE: "WOODY'S", WOODLAND VIEW, LYNWOOD  
RETIREMENT VILLAGE, RISE ROAD, SUNNINGHILL  
SL5 0AJ  
DATE: EVERY WEDNESDAY FROM 19 FEB 2020  
TIME: 2.30 TO 4.00PM  
(30 MINUTE GUIDED MEDITATION SESSION STARTS AT 3.00PM PROMPTLY)

There will be no charge for these sessions, but any donations to Friends in Need will be gratefully received. For any queries please contact Ansa Khan, Friends in Need Co-ordinator on 07496 874882 or [Ansa.Khan@bucksmind.org.uk](mailto:Ansa.Khan@bucksmind.org.uk)

**"You don't have to believe everything you think. Thoughts are just that – thoughts."**

**Allan Lokos, author and founder of the  
New York Community Meditation Centre.**



Mindfulness practice is a skill that can be learnt, like any other skill. Practising mindfulness involves cultivating the ability to be aware of your present-moment thoughts and feelings with a non-judgmental attitude of kindness towards yourself and whatever it is that you are experiencing. Practising mindfulness can improve your capacity to cope with whatever life throws at you – we cannot always control what happens to us but with mindfulness we can develop a capacity to choose how we respond to it, to free ourselves from the tyranny of uncontrolled thought.

In these introductory mindfulness meditation practice sessions you will learn a simple method for developing your capacity to be in the present moment; to re-learn what it means to be a human being instead of a human doing. Learning how to be more fully present in the here and now allows us to relax more, to let go of worries about the future or regrets about the past. If you think about it, the present moment is all that truly exists – past and future exist only in memory and imagination.

Each guided mindfulness meditation session will last about half an hour and consist of listening to and following simple instructions, while sitting in a chair. It's best to wear comfortable clothing. There will be a brief introduction at the beginning and there will be time afterwards for asking questions and discussing your experience over a cuppa, if you wish.

The session starts at 2.30pm but the 30-minute guided mindfulness meditation practice will start at 3.00pm every Wednesday, beginning from 19<sup>th</sup> February 2020. There is free visitor parking available on site. There will be no charge for these sessions but any donations to Friends in Need will be gratefully received.

