



MINDFULNESS MEDITATION DISCUSSION AND GUIDED PRACTICE

**VENUE: COMMUNITY ROOM, DEDWORTH MEDICAL CENTRE,
80 VALE ROAD, WINDSOR, SL4 5JL**

DATE: EVERY FRIDAY FROM 4TH OCT 2019

TIME: 2PM TO 3:30PM

(30 MINUTE GUIDED MEDITATION SESSION STARTS AT 2:30PM PROMPTLY)

There will be no charge for these sessions, but any donations to Friends in Need will be gratefully received.

“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 control what happens to us but we can choose how we react or respond to it.

In these introductory mindfulness meditation practice sessions you will learn simple techniques 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 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 30 minute guided mindfulness meditation session will start promptly at 2.30pm every Friday from 4th October 2019. Please arrive at least 5 minutes before the session is due to start and allow time for parking on the street nearby. (Please do not use DMC car park). There will be no charge for these sessions but any donations to Friends in Need will be gratefully received.

