

THE MINDFULNESS MOVEMENT

OVERVIEW

This will be an opportunity to harness a new skill and the habit of mindfulness. It will provide you with the accountability of a group. Author of Atomic Habits, James Clear, suggests starting a new habit you should begin with bite-size chunks by committing to just 10 minutes a day. Each day we will learn how to build and maintain a new habit and try different mindfulness techniques. Put yourself to the challenge and see if you can do it? Find a moment of stillness in the chaos of the busyness of life.

BENEFITS OF JOINING THIS MOVEMENT:

- Cultivate a new habit that sets you up for success by creating a peaceful state of mind
- If you have been struggling to get a good habit going on your own, joining a group is a sure way to increase your accountability and success
- Daily mindfulness support
- Experience the many positive effects of mindfulness on the mind, body, and spirit



1

Mind

- Quieten your inner dialogue and self-criticism
- Increase your focus and concentration
- Increase your control over your emotions
- Decrease depression and anxiety
- Rewire your brain and neural pathways to deal with stress more effectively



2

Body

- Hypertension
- Chronic pain
- Cancer
- Diabetes Type I
- Headaches
- Chronic stress and fatigue
- Fibromyalgia
- And many more



3

Spirit

- Inner peace
- Spirituality
- Connection with the earth
- Connection with your higher power

DETAILS

- 10-minutes of meditation per session
- 20-minutes of content per session
- 15-minute check-in
- Total Commitment of 45 minutes
- Intro to setting up a mindfulness habit
- Learning new techniques each day
- Presented on online

5 Sessions

Monday 25th July - Friday 29th July

From 18h00 to 18h45

R400 excl. VAT for all 5 sessions