

Mindfulness Learning Week Commencing 1<sup>st</sup> June 2020

Activity

Looking for a way to bring a sense of peace into your mind and body? Becoming calm and centered with slow, deep breaths is one way of doing this. Settle your mind and body with this simple mindfulness video.

1. Collect your headphones or go and sit somewhere where you can be quiet and focus.
2. Bring up the video link Spaceship to the Moon Guided Meditation.
3. Notice how you are thinking and feeling. Enjoy the rest of your day with a feeling of inner calm.

Pure view link:

<http://www.viewpure.com/mV9BBR1RoGg?start=0&end=0>