

MINDFULNESS EXERCISES

27 April 2020

Practise the skill of Mindfulness with our series of on-demand exercises. Mindfulness is the skill of giving complete attention to whatever you are doing right now, without distraction. It is a technique that you can develop to help you improve efficiency, reduce anxiety and stress, be more focused, and improve your general sense of wellbeing.

RAPID RELAXATION

RELAXING BODY SCAN

MINDFULNESS OF BREATH

MINDFULNESS OF BODY

MINDFULNESS OF EMOTIONS

PREPARATION FOR STILLNESS

STILLNESS MEDITATION

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