



## Mindfulness Practice Session via Zoom

A free resource during the Coronavirus crisis

**Tuesday, 19th May at 6.30pm**

During this 45-minute mindfulness practice session, you will be guided through three separate mindfulness practices by Dedici Mindfulness practitioner, Jo Clarke.

There will also be an opportunity for you to reflect on your experience of the practice in virtual breakout rooms, if you wish.

1. A short grounding practice that can be used at any time to self-regulate the body's reaction to stress (approx. 3 minutes)
2. A longer practice, focusing on the breath or sounds, coming into the present moment, resting in awareness (10-20 minutes)
3. Breakout into small groups to reflect on the practice and what you noticed (10 mins)
4. A short mindfulness practice that can be used at any time, to return to present moment

**To register for this free event, please email [info@dedicicpd.co.uk](mailto:info@dedicicpd.co.uk)**

NB: scientific research has shown that Mindfulness needs to be practiced over a period of time in order to obtain the benefits

“Mindfulness isn't difficult. We just need to remember to do it!” Sharon Saltzberg