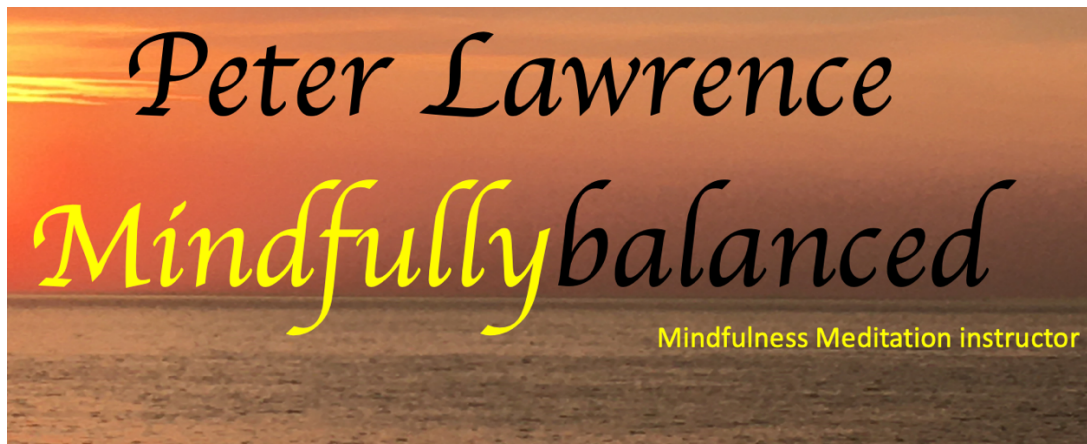


Newsletter 16/2021



Mindfullybalanced.co.uk

Date: 12TH June 2021

Contents of this newsletter:

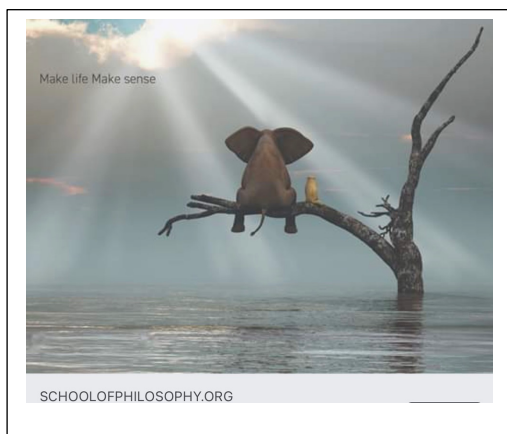
Section 1: Update weekly sessions

Section 2: Website update – Youtube movement videos and Quick read - [Jon Kabat-Zinn's](#) Forward in the book 'Heal Thyself' by Saki Santorelli.

Section 1:

Update weekly community sessions

Next week's timetable is below. Please note there are no sessions on Tuesday 15th, Saturday 19th and Sunday 20th June.



Monday 14th June - 9am and 8.30pm

Tuesday 15th June No session

Wednesday 16th June 9am

Thursday 17th June 6.30pm

Friday 18th June - 9am and 11.30am

Saturday 19th June 11am No session

Sunday 20th June 10am No session

If you want the Zoom code for any of the session(s) you would like to attend, please contact me through my website's 'contact page'

The next Sunday morning session will be as below:

Between 10am – 11am on Sunday 27th June

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Below are a few comments when asked attendees what they felt in attending my sessions:

Slowing down and being present, focusing on breathing and noticing things without judgement

The variety of ways to engage in mindfulness

A range of day-to-day mindfulness practices which have transformed my daily life (and stress levels)!

unless you are already practicing meditation, you should try this - there is a lot to gain

It is absolutely worth attending as it makes you realise how you can get lost with pressures of life and not to notice that your life has slipped through, remember to appreciate yourself.

Section 2:

Youtube movement videos:

I have recorded a series of movement videos based on Qi Gong, which I have put up on my website on the page :

'youtube movement links'



When practicing these movements on your own, please ensure you follow the guidance and always move in line with your breath, which is slowly and carefully. Qi Gong is about gentle movement, helping the body lubricate, warm and move in a fluid way, so do not rush these movements, take time and be mindful and in this way you will help your body to feel the full benefit. And always remember, movement is another way of practicing Mindfulness meditation, as long as it's done in a mindful way.

Quick Read: Jon Kabat-Zinn's Forward in the book 'Heal Thyself' by Saki Santorelli.

'The practice of mindfulness ranges far and wide and deep within the psyche and the heart. As a liberative practice, it calls us to face and honour the root causes of our individual and collective anguish and suffering, and to observe them carefully as they work on us. For one thing, it asks us to be willing to observe what actually *moves us*, the root meaning of *emotion*, and to learn to stand inside of our feelings in ways that allow us to tap their power to teach and heal and catalyse growth, and not simply to react and be chronically overwhelmed and imprisoned. *Saki* breathes life into this critically acclaimed important domain with extreme skill and subtlety. Daniel Coleman describes the cornerstone of emotional intelligence as awareness in the present

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moment, really mindfulness. Here, *Saki*'s stories embody and explicate how an "*affectionate attention*", a term coined by the meditation teacher and scholar Corrador Pensa, can be cultivated and brought to feeling states, however disturbing or overwhelming, with utter honesty and self-compassion, and in this way, contribute to a profound experience of freedom and the possibility of healing wounds, both old and new.

Yay!!!
Take care everyone.
With kindness

Pete

