

# Newsletter April 2013



value nurture flourish

## Monthly Meditation Sessions

**Cost:** £5.00

Monday 15<sup>th</sup> April

Monday 13<sup>th</sup> May

Monday 10<sup>th</sup> June

### **Venue:**

*Orangery Suite, Merley*

### **Time:**

*1pm – 3pm*

*4pm – 6pm*

*7pm - 9pm*

## Retreat Day

Friday June 14<sup>th</sup> or Saturday June 15<sup>th</sup>

Venue to be confirmed

## 8 - Week Mindfulness Course (MBSR) in Wimborne

**Cost:** £220

### **Course 1**

• Tuesday April 23<sup>rd</sup> – Tuesday June 18<sup>th</sup>

7pm – 9.15pm

*Orangery Suite, Merley, Wimborne*

*The course is fully booked.*

More details about all of these events can be found on the website at [www.stepsahead.org.uk](http://www.stepsahead.org.uk)

## Welcome to Steps Ahead.

I recently attended a very dynamic conference called 'Mindfulness in Society'. There is no doubt that there is a vast amount of research being funded at the moment and there are numerous initiatives within the fields of health, education, business and politics throughout Britain today. This week Jon Kabat-Zinn has been to talk to policy makers at No. 10 Downing Street.

The main reason for telling you about this conference is to say that the core of the conference was a whole day of meditation, held mostly in silence and led by Jon Kabat-Zinn. All the speakers and academics present joined together to meditate confirming the idea that the heart of mindfulness is not our academic understanding of it but the practice of meditation itself.

***As individuals we can all make a difference to society by attending to our own daily practice and leading our lives as mindfully as possible.***

Mindfulness is not about reaching a deep meditative state, it is about increasing our level of awareness to all that is going on in our body, mind and environment moment by moment. Through greater awareness we can then make wise decisions about how we lead our lives. I thought that you may like this quotation that I heard recently.

*'In the garden of tranquility may you be bombarded with coconuts.'*

Pema Chodron

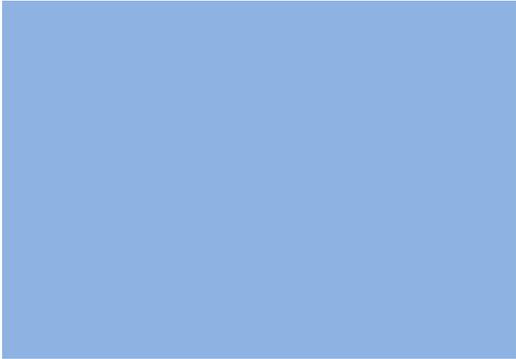
As April unfolds I would like to wish you all the best with your own personal practice whatever form it may be taking at the moment.

## News

- Like last month the Monday Meditation sessions will be held at the **Orangery Suite in Merley**. You are welcome to these sessions whether you are new to mindfulness or have an existing meditation practice.

The main aim of the session is to meditate together. There is also time to talk to one another and an area of academic interest may be presented.

There will be formal meditation sessions between 1pm – 3pm, 4pm – 6pm and 7pm – 9pm. Throughout the day there will be an area for meditation practice.



You can stay as long as you want to walking in the garden, reading books or enjoying a quiet cup of tea. I will be at the venue all day.

Please find the attached directions just in case you have not been to The Orangery before.

With very best wishes,

Penny

- **Meditation Nudge**

*The Oxford dictionary definition for nudge is: to persuade somebody into an action, gently and delicately.*

I know from personal experience that a personal meditation practice can do with a little nudge from time to time. To this end I email out a meditation nudge once or twice a month in the form of a thought, a story or a quotation to inspire you.

When you sign up to receive the Steps Ahead newsletter you will automatically also get the meditation nudge. I know how lively inboxes can get and if you would like to be removed from either data base just email the office and let me know.