

---

# Mindfulness basics

---



## Mindfulness basics

Mindfulness is a skill of **experiencing the present moment** and noticing what is happening around us and within us without judgment.

In the beginning we will discuss what does it mean to be mindful and when are we experiencing this state of mind. The main focus of the session will be on practicing various aspects of mindfulness - observation, non-judgement, acceptance and others. We will practice these through breathwork and body-scan exercises.

This session is **suitable for beginners** but also for those who already have some experience with mindfulness or meditation. There is always possibility to go deeper.

There are yoga mats available, you can bring your own mat or blanket. It is ideal to have comfortable clothing. The session takes place in a small group of approximately 4 people.

### REGISTRATION

#### **Sessions are led by:**

Mgr. Anna-Marie Pospíšilová [annamarie.pospisilova@ruk.cuni.cz](mailto:annamarie.pospisilova@ruk.cuni.cz)

**Place:** Školská 13a, Prague 1