

A woman with long brown hair is sitting in a meditative pose on a large, light-colored rock. She is wearing a grey long-sleeved shirt and black pants. Her hands are resting on her knees in a mudra. The background is a vast, mountainous landscape with green and yellow foliage under a clear blue sky. The lighting suggests it's either early morning or late afternoon.

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10 days to mindfulness

Contents

Introduction

The Benefits of Mindfulness

What is mindfulness?

How can mindfulness help me?

Days 1-10

Introduction

We're so used to rushing around all day that we start to think that it's "just how life is". But it is not. Chronic rushing through a never-ending to-do list feeds anxiety and heightens stress levels. Our brains get "hooked" on the stimulation of activity. And of course, our bodies become addicted to rushing and our minds switch into autopilot. Mindfulness and meditation can calm the mind.

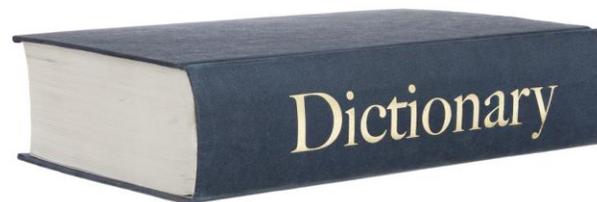
During this course you will learn how to create a moment of joy, a feeling of happiness, at any time of the day. We have provided you with 10 daily activities to work through and by the end of this course you'll know which mindful activities work best for you.

What is mindfulness?

Mindfulness (noun)

1. the quality or state of being conscious or aware of something:
2. a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique.

Mindfulness is a quality that every human being already possesses, it's not something you have to conjure up, you just have to learn how to access it. It is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us.



The Benefits of Mindfulness

People who practice mindfulness report feeling calmer and happier, having more fulfilling relationships, and experiencing a greater sense of life satisfaction and wellbeing. In the same way as we build our physical fitness through exercise, mindfulness helps us develop our mental fitness.

Mindfulness Helps To Ease Anxiety And Depression

Mindfulness increases body satisfaction

Mindfulness improves cognition and memory

Mindfulness Improves The Quality Of Our Relationships

Mindfulness improves sleep

Mindfulness improves focus

Mindfulness lowers stress levels

Mindfulness banishes temporary negative feelings

Mindfulness Hardwires Your Brain To Be More Calm And Less Reactive

Mindfulness can help you to manage chronic pain

Mindfulness Makes You More Self-compassionate

Mindfulness makes you feel happier and improves your general well-being



How can mindfulness help me?

Those who find it difficult to sit still are typically the ones who end up appreciating the practice of mindfulness the most.

Paying attention to the present moment, to your own thoughts, feelings and environment can improve your mental wellbeing, mood and current state of mind. It can help us to enjoy life more, have a better understanding of ourselves and brings awareness to what is going on both inside and outside ourselves, moment by moment. If you have ever experienced a chaotic mind then you'll truly appreciate what your mind is like once you've found even a tiny bit of the peace you can feel from adopting the practice of mindfulness in your daily life.

An important part of mindfulness is reconnecting with our bodies and the sensations they experience. It means waking up to the sights, sounds, smells, touches and tastes of the present moment.

Mindfulness is NOT Concentration it's a state of Relaxed, Non-Judgemental Awareness in the Present Moment. For example, if you're having a headache and you focus your entire attention on headache, it will be concentration not mindfulness.

On the other hand, if you're having a headache and you are aware of the pain in your head while at the same time if you hear a bird singing outside and the awareness acknowledges the sound of the bird at the same time – it means you are not focusing only on the pain but your awareness is moving freely from object to object in the present moment. This is the state of mindfulness.

Becoming more aware of the present moment can stop us taking things for granted. It allows us to enjoy the world around us more and understand ourselves better. Those who have the most difficulty sitting still are the ones who need mindfulness the most. If you're constantly moving to the point where you can't imagine yourself sitting still for more than a few minutes at a time then your mind is very, very busy. And the busier your mind, the more stressed and anxious it is as well.

If you do the work and just learn how to stop and follow your breath from time to time, you'll completely transform how you feel on a day-to-day basis.

We often have to learn from experience in order to really appreciate something.



Day 1: Slow it down – consciously perform tasks in slow motion

We know how it is difficult to be mindful when your mind is racing a mile a minute, it is ingrained in us. To move quickly, multitask, and ultimately be as productive as possible.

The first step to mindfulness is slowing everything down if you actively work on slowing down, you'll find more opportunities to practice mindfulness. This might sound silly but forcing yourself to physically *move* more slowly is an easy way to flex your willpower muscle. Research suggests that willpower can be actively strengthened through engaging in tasks more slowly and in different ways than we are used to doing them. For example, brushing your teeth with your non-dominant hand boosts willpower over time.

“When you slow down, you often wind up getting more done!”

Task 1 – Slow and steady

Each day we want you to observe yourself with mindful awareness. Whatever you are “doing,” slow it down by at least 25%. If you are hurriedly reading, slow down. If your knee is jiggling up and down, bring your awareness to it and allow it to calm down. If you are tapping your fingers on the table, notice this and allow them to relax. If your foot is tapping whilst in a queue physically slow yourself down and allow your thoughts and emotions to slow down as well. Driving to and from work, washing the pots, walking the dog, washing your hands, making a cup of coffee, cleaning, closing the door, just stopping for a moment to follow your breath anywhere and at any time. Slow it down and really start taking the time to enjoy the little moments with mindfulness.

Day 2: Mindful walking

The moment we step out the door, our mind tends to go wandering and we start to think about all sorts of irrelevant nonsense. What we will make for dinner, what we need to do when we get home, or what's on TV. In fact, we spend most of our walk thinking about anything but the walk. If we just stop thinking about everything else and pay attention to what's going on around us the experience of walking can be entirely new to us.





Task 2 - Be aware of the present moment

Staying mindful of each moment is a habit that can take a while to get good at.

Today we want you to go out for a walk. It doesn't matter where you go whether it be a walk around the block, up in the hills, or down by the beach. This mindful walk is all about the power of observing the world around you

As you begin your walk. Place your hands wherever comfortable: on your tummy, behind your back, or at your sides.

If you find it useful, you can count steps up to 10, and then start back at one again. If you're in a small space, as you reach ten, pause, and with intention, choose a moment to turn around.

With each step, pay attention to the lifting and falling of your foot and the ground beneath it. Notice movement in your legs and the rest of your body. Notice any shifting of your body from side to side. Notice your breathing.

Whatever else captures your attention, come back to the sensation of walking. Your mind will wander, so without frustration, guide it back again as many times as you need.

Be aware of every detail of the environment around you, what do you hear, smell, feel, see – take time to notice things that you normally miss?

Notice if you have any tension as you tune into your breath and body. Breathe at a slow, steady pace and stay loose.

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Task 2 continued....

Now for a few minutes, expand your attention to sounds. Whether you're indoors, in the woods, or in a city, pay attention to sounds without labelling or naming, or getting caught up in whether you find them pleasant or unpleasant. Notice sounds as nothing more or less than sound. Notice how many sounds you hear however loud or faint they are.

Shift your awareness to your sense of smell. Again, simply notice. Don't push or force yourself to feel anything at all, just bring attention to the sense of smell, whatever you discover. Don't think about the smells just notice.

Now, move to vision: colours, shapes and objects or whatever else you see. When your mind wanders back to your 'to do' list, come back to the present moment and notice again what you see. Stay naturally observant but relaxed, not daydreaming and drifting, but with sustained awareness.

Keep this open awareness of everything around you, wherever you are. Nothing to do, nothing to fix, nothing to change. Fully aware, and walking.

In the last moments, come back to awareness of the physical sensations of walking, wherever else your mind found itself throughout the practice. Notice your feet again touching the ground. Notice again the movements in your body with each step.

When you're ready to end your walking meditation, stand still for a moment again. Stand still for a moment longer as you end the meditation. Set intentions as you reflect on how you might bring this kind of awareness into the rest of your day. How do you feel now? Is your mind less cluttered, does your body feel less stressed?

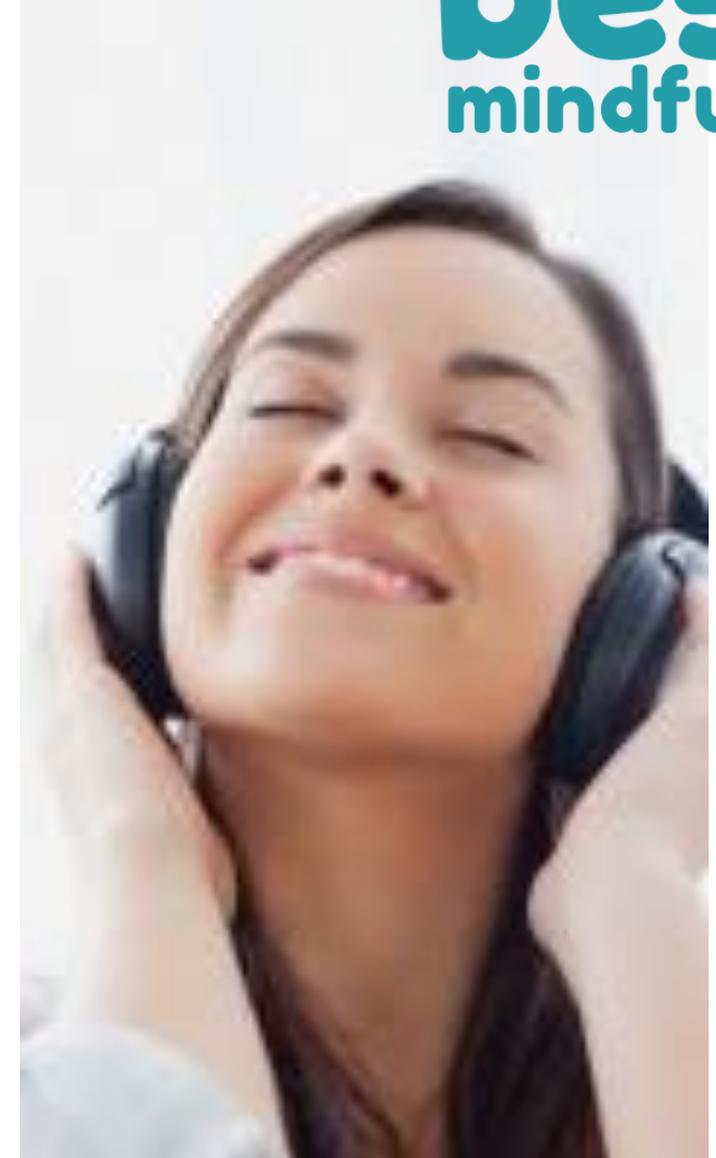
Day 3: Listening

Listening: It's Good for You and For Others Too

Studies have suggested that the average person only remembers 25% of what someone has told them only a few minutes prior to being asked. The goal of mindful listening is to stop your running thoughts so you can hear the message that is being shared with you, and so the speaker can feel understood.

Listening is the first step in making people feel valued and mindful listening allows us to do more than take in people's words; it helps us better understand the how and why of their views. When understanding occurs, a sense of calm is achieved on both sides, The first person you need to learn to listen to more mindfully is yourself. Take some time every day to quieten down and listen to yourself. Really take your time and pay attention to your inner voices. It can be pretty daunting to start with. Being self-aware will help you in becoming a better listener to others too. Try listening to yourself in a range of situations, such as when you are cooking or in a busy location such as a shop, as well as when you are alone.

Learning to mindfully listen is such a powerful and rewarding practice to engage in. it allows us to connect with others in a more meaningful and authentic way. By giving your full attention to somebody else, It will enable you to build more meaningful and truthful relationships with others and they will want to give their fullest attention to you in return. This simple act of mindfully listening is one of the most precious gifts that we can give.



Day 3 – Listening continued

There are three levels of listening; Level 1 listening, Level 2 listening and Level 3 Listening.

Level 1

For the most part, we listen at level 1, thinking about our next response, thinking about what is on TV, thinking about what we have to do and rushing through the conversation. This is actually a necessary skill in order to multi-task and prioritise but it avoids deep and meaningful connection with the person we are talking to. At level 1, the focus is on yourself and your own thoughts rather than the speaker. You tend to interpret what you hear in terms of what it means to you, gathering information, forming opinions and making on-the-spot decisions.

Level 2

At level 2 you start to become absorbed in the conversation; listening to the other person's words, tone of voice and observing body language. This is the kind of conversation where you aren't getting distracted by your own thoughts and feelings. By listening at level 2 you can start to feel empathy for the person who is speaking, completely absorbed in their side of the conversation.

Level 3

This is where we are deeply involved in the listening, using intuition and picking up emotions from even slight body language signals. You will feel the energy from the speaker and pick up on things they are not saying, just as much as from the things they are. You understand what they are thinking from your intuition.



Task 3 – Be good at listening to people

Today we want you to really listen to people (at level 3 if possible), even if the person who's talking to you is the most boring person you've ever met, they offer an ideal scenario to practice a mindful conversation. Instead of thinking about and judging what they are saying try mindfully listening to them, give relaxed attention to what they are saying. Practicing your focus while you are in a conversation will spill over to other aspects of your life. You will be able to gradually learn how to quiet your busy mind and pay attention only to what is being said to you.

How to Practice Mindful Listening: HEAR

HALT — Halt whatever you are doing and offer your full attention.

ENJOY — Enjoy a breath as you choose to receive whatever is being communicated to you—wanted or unwanted.

ASK — Ask yourself if you really know what they mean and if you don't, ask for clarification. Instead of making assumptions, bring openness and curiosity to the interaction. You might be surprised at what you discover.

REFLECT — Reflect back to them what you heard. This tells them that you were really listening.

Day 4: Mindful eating

Most of us eat without really thinking much about it or understanding where our food comes from.

When mindful eating, you can use all your senses to really experience the food.

By paying attention to these things, it helps us to slow down, feel calmer, focus and stay present which not only has a positive impact on the digestive system at a physiological level, but also makes us appreciate what we are eating.

Focusing on your senses while eating can still your mind, allowing you to take a break from the busyness and worries of our minds and allow us to gain a sense of calm and clarity.

Task 4 -Be mindful of what you are eating

Today's activity is about eating and noticing food with all your senses. It works really well with fruit or dried fruit. Pick up the food, take a few slow breaths and focus on the food with all five of your senses.

Sight

What colour is the food? What shape is it? Is it rough, smooth, shiny or dull to look at?

Touch

Does the food have a texture that feels bumpy or smooth? Does it have ridges? Is it soft or hard, squashy or firm?

Smell

Does the smell of the food remind you of anything? Does it smell sweet? How is the smell similar or different to other foods?

Sound

When you bring the food to your ear and squeeze it gently, what do you hear? When you bite into it, what is the sound like?

Taste

What do you taste with the food on your tongue? What about after you bite it? Is there any taste after you swallow the food?

Day 5: Journaling



Probably one of the simplest ways to implement mindfulness is through journaling. Part of the reason for this might be because writing is a very focused action, is slower than thinking, and requires attention. A good starting point is gratitude journaling.



According to some research, journaling also has positive benefits such as improving physical health and academic performance. As a starting point, we will be looking at gratitude journaling which is an easy starting point, requiring no preparation other than purchasing a nice pen and a blank journal. Buying a journal you appreciate will also encourage you to use it.



Gratitude Journaling shares some features of more typical forms of mindfulness:

Benefits of journaling

It improves focus.

It ensures you focus inwards.

It encourages positive thinking.

It can be used to decrease negative thoughts.

It is simple to implement.

It has very little cost.

It can be carried out anywhere, as long as you have your journal with you.

It can be performed at any age and you don't need to learn any new skills.

Task 5 - Gratitude journaling

You will already be grateful for many things in your life whether large or small. Think back over the past week and write down five things in your life that you are grateful for. Do this daily for the next week and see how it makes you feel.

Gratitude examples:

- 1 I am healthy enough to exercise.
- 2 I have people in my life who make me smile.
- 3 I am listening to a fantastic podcast (especially if it is The Sober Experiment® Podcast by Bee Sober).
- 4 I am able to work from the comfort of my own home.
- 5 I have warmth and shelter in the winter months.
- 6 I am sober

You can be grateful for anything whether they be objects, people, pets or environment and be as specific or general as you wish. The point of this is you have to think about what you are grateful for, sometimes you have to dig deep and writing it down helps you to become more mindful of these things.

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Day 6: Yoga

Yoga brings balance to your body and mind and strengthens their connection.

A few benefits include:

1. Calming the mind of bombarding thoughts from daily life, it is almost an 'active meditation'.
2. It counters negative thoughts.
3. It improves productivity.
4. It improves mental clarity.
5. It sharpens your ability to solve problems.

Task 6 -Be a yogi

Today we want you to try out yoga and see how it makes you feel. Follow the instructions provided by Rachel in this 20 (ish) minute video. <https://youtu.be/GA7U5m-huaY>



This is a short beginner's session which you can do any time of day, perhaps in the evening before bed. There are heaps of different styles (schools) of yoga out there and although pre-recorded sessions are a great start, live ones are the best. Details of how to connect with Rachel are found at the end of this course.

Day 7: Integrating mindfulness with plant care

Simply being in an environment rich with nature helps ease stress levels and relax overstimulated minds. As such, creating a plant nook, or filling a whole room with plants will help ease you into a mindful meditation. Environmental signals like this have been used for millennia to great effect, with the intention of most Buddhist meditation to be at one with nature and the universe.

Integrating mindfulness with plant care is another small way of effecting big changes to your mental wellbeing. The idea is to focus solely on the act of looking after your plants and bring your awareness to the present moment.

The benefits of having plants at home include:

- Improved mood
- Reduced stress
- Lowered blood pressure
- Increased productivity
- They look great

You can practice mindfulness with any and all indoor plants



Task 7 – Look after a houseplant

Put your phone and other screens aside.

Turn your attention to the plant's foliage, form and colour - first using your eyes, then using your hands.

Press your fingers into your plant's soil, working out what it needs from you with your senses alone.

Take a long, slow, deep breath, and connect with the relative stillness of the plant before you.

Look closely at your plant's foliage, taking a cloth to wipe away any dust and turning your plant so it absorbs light slightly differently.

Remove each plant from its decorative pot and slowly pour water into each planter, listening to the sound of water sink into soil; observing the soil darken and change in texture.

As you complete these activities, silently state an intention for your plant and/or for yourself. For example 'take in this nourishment, grow well and be healthy.'



Day 8: Meditation

Regular practice of mindfulness meditation has benefits for your physical as well as your mental health, including playing a role in the management of anxiety, stress, depression, sleep disorders, relationship issues, and eating disorders.

The goal is not to stop your thoughts but to get more comfortable resting in "watching" the thoughts as they come and go.

How to Get Started

Learning mindfulness meditation is straightforward enough to practice on your own, but a teacher can also help you get started.

Here are some simple steps to help you get started on your own.

Set Aside Meditation Time

Whether you set your alarm 30 minutes earlier or set aside time to wind down a few minutes prior to bedtime, do your best to carve out a time each day to practice mindfulness meditation.

Get Comfortable

Find a quiet and comfortable place. Sit in a chair or on the floor with your head, neck, and back straight but not stiff. It's also helpful to wear comfortable, loose clothing so you're not distracted.

Remember, meditation is a practice, so it's never perfect. You are ready to begin now just as you are!

Task 8 – Meditation

Use a Timer - While it's not necessary, a timer (preferably with a soft, gentle alarm) can help you focus on meditation and forget about time—and eliminate any excuses you have for stopping and doing something else.

Since many people lose track of time while meditating, it can also ensure you're not meditating for too long. Be sure to also allow yourself time after meditation to become aware of where you are and get up gradually.

Focus on Breathing - Become aware of your breath, attuning to the sensation of air moving in and out of your body as you breathe. Feel your belly rise and fall and the air enter your nostrils and leave your mouth. Pay attention to the way each breath changes and is different.

When thoughts come up in your mind, don't ignore or suppress them. Simply note them, remain calm, and gently return your attention back to the breath

Give Yourself a Break - If you find yourself getting carried away in your thoughts—whether with worry, fear, anxiety, or hope—observe where your mind went, without judgment, and just return to your breathing. Don't be hard on yourself if this happens; the practice of returning to your breath and refocusing on the present is the practice of mindfulness.

Download an App - If you're having trouble practicing mindfulness meditation on your own, consider downloading an app (like Calm or Headspace) that provides free meditations and teaches you a variety of tools to help you get centred throughout your day.

Day 9: Self-Compassion

Self-compassion is all about being mindful about your own feelings and emotions. Often, we are very compassionate towards others but struggle to extend the same compassion to ourselves.

Bringing awareness to our emotions and staying in the moment with them is a fantastic way to practice mindfulness.

Task 9 – Practicing self compassion



Take a moment to pause all thoughts and actions.

Move one hand onto your chest, give yourself a big hug or make physical contact with yourself in any other way and take a few deep breaths.

Think back to a memory or emotion that you have previously struggled with. This doesn't have to be something majorly deep it can be anything that has troubled you. Keep breathing, keep contact with yourself. Be fully mindful and present, not allowing overwhelm or pain but fully acknowledge the emotion as real and hurtful whilst giving yourself permission to feel it.

Vocalise (out loud) the following three statements:

- 1) "This is how it feels to suffer"
- 2) "Suffering is part of being human and all humans struggle sometimes"
- 3) "I accept myself as I am"

Repeat this regularly to encourage self-compassion and to realise that all emotions positive and negative are human.

Day 10: Self talk

Self-talk is something we do naturally throughout our waking hours. Being intentionally curious about how your mind works and even labeling certain categories of thoughts widens the space between awareness and the thoughts themselves. When you begin to bring mindfulness to thoughts, you really do start to notice the "self-talk" - Most of us are unbelievably hard on ourselves. We say things that we would never say to a friend: *What is wrong with me?* or *I'm such an idiot* or *I'll never get this right*.

Here are a few categories of thoughts that you may find your mind drifting into:

Catastrophising—This is the mind's "what if" game. It snowballs the worst-case scenario of the future with worried thoughts: *What if this happens?* *What if that happens?* These thoughts amplify anxiety and depression.

Blaming—This is a mind trap in which some uncomfortable feeling is expelled by holding ourselves responsible for another's pain or holding others responsible for our pain. The problem here is that when you perceive the issue as lying outside of you, you give your power away to effect change.

Rehashing—This is when our thoughts reflect on past circumstances, going over them again and again, often in an effort to figure something out.

Rehearsing—This is the mind practicing some future event, playing through, again and again, the possible ways it may unfold.

Negative thinking is a part of being human, but there are mindfulness strategies you can use to help increase your self-confidence and curb those negative emotions. Positive self-talk is one of the most powerful tools you can use for increasing your self-confidence and curbing negative emotions.

Top Tips

Identify negative self-talk traps. Certain scenarios may increase your self-doubt and lead to more negative self-talk. Work events, for example, may be particularly hard. Pinpointing when you experience the most negative self-talk can help you anticipate and prepare.

Check in with your feelings. Stop during events or bad days and evaluate your self-talk. Is it becoming negative? How can you turn it around?

Find the humour. Laughter can help relieve so much stress and tension. When you need a boost for positive self-talk, find ways to laugh, you could tune into one of the Bee Sober podcasts or watch funny animal videos.

Surround yourself with positive people. Whether or not you notice it, you can absorb the outlook and emotions of people around you. This includes negative and positive, so choose positive people when you can.

Day 10 - Self talk continued

Below are some examples of when and how you can turn negative self-talk into positive self-talk. Again, this does take practice.

Recognising some of your own negative self-talk in these scenarios may help you develop skills to flip the thought when it occurs.

Negative: I'll disappoint everyone if I change my mind.

Positive: I have the power to change my mind. Others will understand.

Negative: I failed and embarrassed myself.

Positive: I'm proud of myself for even trying. That took courage.

Negative: I'm overweight and out of shape. I might as well not bother.

Positive: I am capable and strong, and I want to get healthier for me.

Negative: I've never done this before and I'll be bad at it.

Positive: This is a wonderful opportunity for me to learn from others and grow.

Negative: There's just no way this will work.

Positive: I can and will give it my all to make it work.

Task 10 – Positive affirmations

Forming a new habit takes time and effort. Over time, your thoughts can shift and before you know it positive self-talk will be your norm.

Seeing positive words or inspiring images can be enough to redirect your thoughts. So today's task is to give yourself some positive affirmations.

Post small reminders in your office, in your home, on your mirror and anywhere you spend a significant amount of time.

Examples of positive affirmations



1. I am capable of anything.
2. I am getting wiser, stronger, and smarter every day.
3. I am going to make today a success.
4. I attract love, happiness, and fulfillment into my life.
5. I am always being taken care of.
6. I am open to attract positive circumstances and outcomes.
7. I believe in myself, everything I need it's already inside of me.
8. I was born to make it!
9. The Universe is continually supplying me with absolutely every single thing I may need.
10. Unexpected blessings are coming my way.

Final thoughts

We hope you have enjoyed this course and go on to be more mindful. Over the last 10 days this course should have provided you with foundations to living more mindfully you should have learnt how to incorporate mindfulness into your everyday life and we hope this is the start of you discovering more about yourself.

Through the practice of mindfulness you will feel more whole and alive, even during seemingly ordinary moments in life, and you'll find that your mind begins to think more positively, reducing negative reactions and negative judgements.

You will become aware that your thoughts and feelings are not who you are, and that you need not be a victim of your own thinking. Being mindful gives you a sense of freedom and control.

You'll also find that you greatly improve your ability to deal with any situation that might arise in your life. Mindfulness is more than just a good coping mechanism, it is also a powerful tool for clearing the mind and developing space for deeper awareness, spiritual connectedness, and deep meditation.

Practicing mindfulness can burn off the fog we live in and show us our authentic selves.

To master the art of mindfulness it takes practice



Bee-come a Member

If you have enjoyed this course, why not become a Bee Sober member?

The opposite of addiction is connection

At Bee Sober you will discover tools and tips to keep you motivated. You will be surrounded by like-minded people who will inspire and encourage you to live your best life.

Becoming a valuable Bee Sober member is not just about what you get, but what you give: When you purchase any of our items you financially support NACOA and allow Alex and Lisa to continue to support others just like you. It also helps fund our podcast and allows us to continue to support the community e.g. schools, colleges, universities, and rehabilitation centres.

You can become a member for less than 34p per day. Find out more [here](#).

Note from Rachel - Yoga

Hey there!

I have been teaching yoga for 6 years and it has helped me more than anything else ever has with my mental health. Over the past few years, I had become concerned about my alcohol intake, I was telling myself that I deserved a drink after a busy day or week. Ironic, I know as most people believe yoga teachers have their sh!t together, some of us don't ;) it's why we do what we do, to try to help others. I started to neglect my own yoga practice and things started to spiral downwards again. Anyway, long story short, through the amazing support and community of Bee Sober, re-educating myself on alcohol, listening to Podcasts (hands down, Alex & Lisa's is the best) and re-connecting back to a part of me I had forgotten about and neglected I can honestly say I feel back on track, with life and sharing my passion, which is yoga with anyone who wants to listen.

This is a short beginner's session which you can do any time of day, perhaps in the evening before bed. There are heaps of different styles (schools) yoga out there, so if you don't find a class that suits you the first time, try a different style or teacher. I am qualified to and teach Yin, Hatha and Vinyasa yoga and I am currently teaching classes via Zoom. Pre-recorded classes are great, but live Zoom sessions are far, far better, you get the sense of community and connection, which we all need more than ever at the moment.

You can book on to my classes through my website or drop me a message. If you are not sure what class is for you then have a read what the yogis that come to class say about then at the bottom of the booking page or let me know what you want to gain from your practice. I also have a couple of public videos from recorded live classes on YouTube if you want a longer, slightly more challenging practice, here are the links:

<https://youtu.be/Zv1I5kN-nEE>

<https://youtu.be/ofLGC7BeFn4>

You can find me at -

W: www.wellbeingwithrachel.co.uk

YT:https://www.youtube.com/channel/UCyZhXjDhnFp2_RwFrBmpQcg

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