



The Art of Bubble Meditation

Instructor:

Serenity Soapbubble

Location:

Chester

Course Type:

Mindfulness

Cost:

£45.00

Learning Objectives

- Master the technique of mindful bubble blowing
- Learn how to create and use a bubble meditation space
- Understand the benefits of sensory mindfulness
- Develop techniques for stress reduction through play
- Cultivate a sense of joy and inner peace

Provided Materials

- Bubble wands with varying designs
- Eco-friendly bubble solution
- Aromatic essential oils for calming infusions
- Personalized mindfulness journal
- Portable wind fan for bubble guidance

Skills Developed

Mindfulness

Stress Reduction

Playful Meditation

Sensory Awareness

Joy Cultivation

Course Description

In 'The Art of Bubble Meditation,' led by the enchanting Serenity Soapbubble, students will embark on a whimsical journey that combines the timeless joy of bubbles with the profound calm of mindfulness meditation. Held in the tranquil gardens of Chester, the class begins with an introduction to the philosophy of bubble meditation and its roots in sensory mindfulness practices. Participants will be provided with an assortment of creatively designed bubble wands and eco-friendly solutions, each infused with calming essential oils. Throughout the session, Serenity will guide students in mastering the art of mindful bubble blowing, encouraging them to focus on their breath and the gentle act of creating bubbles, which is both meditative and playful. You'll learn to craft your own bubble meditation space, a sanctuary to escape the hustle and bustle of daily life. The class will also explore the tactile and visual aspects of bubbles, fostering a deep connection with the present moment. As you watch your bubbles drift and burst, you'll develop a sense of joy and peace. By the end of the class, you'll have a personalized mindfulness journal filled with reflections and techniques to continue your practice at home. This unique blend of meditation and play is perfect for adults seeking a refreshing way to achieve stress reduction and cultivate happiness.