



Bubble Om: The Art of Mindful Bubble Blowing

Instructor:

Professor B. Bubbly

Location:

Devon

Course Type:

Mindfulness

Cost:

£45.00

Learning Objectives

- Master the art of deep breathing and relaxation through bubble blowing.
- Learn to focus and maintain mindfulness in a fun and engaging way.
- Understand the science behind bubbles as a meditation tool.
- Develop a personalized bubble-blowing meditation practice.
- Enhance creativity and reduce stress through playful mindfulness.

Provided Materials

- Bubble solution
- Various bubble wands
- Meditation mat
- Mindfulness workbook
- Bubble science guide

Skills Developed

Mindfulness

Relaxation

Creative Meditation

Stress Reduction

Playful Focus

Course Description

Join us in the serene fields of Devon for "Bubble Om: The Art of Mindful Bubble Blowing," where Professor B. Bubbly will guide you through a whimsical journey of stress relief and mindfulness. This unique class combines the joy of childhood with the peacefulness of meditative practices. You'll start with a session on the basics of deep breathing and relaxation, harnessing the power of your breath to create beautiful, iridescent bubbles. As you learn to focus your mind on the simple act of bubble blowing, you'll explore the calming effects of watching bubbles drift on the breeze. Through guided exercises, you'll discover how to use bubbles to maintain mindfulness and enhance creativity, breaking free from the monotony of daily life. Professor Bubbly will also introduce you to the intriguing science of bubbles, providing insights into how their delicate structures can promote serenity and relaxation. By the end of the day, you'll have developed your own personalized bubble-blowing meditation practice, ready to use whenever you need a splash of joy and tranquility. This session promises laughter, playful introspection, and a renewed sense of wonder in the world around you.

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For more information, visit our imaginary website or contact our fictional admissions office.