



## Jubilant Jellybean Mindfulness

**Instructor:**

Sir Jellybean Jollington

**Location:**

Cambridge

**Course Type:**

Wellness

**Cost:**

£75.00

### Learning Objectives

- Learn the art of playful meditation using jellybeans
- Understand the connection between taste and emotional well-being
- Mastering the jellybean sensory awareness technique
- Exploring creativity through jellybean-based reflection exercises
- Developing personal strategies for joyful living through mindfulness

### Provided Materials

- Assorted gourmet jellybeans
- Mindfulness journal
- Colourful meditation mat
- Scented candles
- Pocket guide to jellybean mindfulness

## Skills Developed

Mindfulness

Sensory Awareness

Emotional Well-being

Creativity

Stress Relief

## Course Description

Immerse yourself in the delightful world of Jubilant Jellybean Mindfulness, a unique class designed to bring joy and relaxation into your life through the playful art of jellybean meditation. Led by none other than Sir Jellybean Jollington, a mindfulness expert with a penchant for confectionery-based enlightenment, this class guarantees an experience as sweet as it is enlightening. In the serene surroundings of Cambridge, you will embark on a journey of sensory exploration and emotional discovery. Start by learning the Jellybean Meditation Technique, where each colourful bean serves as a focal point for mindfulness practice, helping you connect taste with emotional well-being. Enhance your sensory awareness by engaging in a variety of jellybean exercises designed to heighten your creativity and ability to live in the present moment. Using your provided mindfulness journal, you will reflect on the sensations and thoughts that arise during each session. Explore personal strategies for incorporating joyful living into your daily routine, guided by the gentle wisdom of Sir Jellybean Jollington. Expect laughter, a renewed sense of joy, and a pocketful of practical tips for stress relief that you can carry into everyday life. Whether you're a mindfulness novice or seasoned practitioner, this whimsical yet impactful class offers a flavourful twist on the path to inner peace.