



The Art of Joyful Biscuit Meditation

Instructor:

Mr. Crumbleton

Location:

Northumberland

Course Type:

Mindfulness

Cost:

£50.00

Learning Objectives

- Learn the techniques of mindful biscuit tasting
- Understand the history and cultural significance of biscuits in British society
- Develop skills to create your own meditative biscuit recipes
- Cultivate a deeper appreciation for small joys in life
- Practice mindfulness techniques through sensory engagement

Provided Materials

- Selection of British biscuits
- Meditation cushions
- Recipe booklets
- Tea assortment
- Mindfulness journal

Skills Developed

Mindfulness

Culinary Arts

Cultural Appreciation

Sensory Engagement

Creative Writing

Course Description

Step into the deliciously calming world of 'The Art of Joyful Biscuit Meditation', a whimsical yet enlightening experience at the School of Dandori! Guiding you on this journey is Mr. Crumbleton, a connoisseur of all things biscuit-related. Set in the serene landscapes of Northumberland, this class invites adults to discover the meditative power contained within Britain's beloved biscuits. In this hands-on session, you will learn how to transform the simple act of biscuit tasting into an enriching mindfulness practice. Begin by exploring a curated selection of classic British biscuits, each accompanied by tales of its historical and cultural significance. As Mr. Crumbleton shares his expertise, you will uncover the subtle nuances of flavour, texture, and aroma, deepening your sensory awareness. Participants will then practice crafting their own biscuit meditation recipes, integrating mindfulness techniques to heighten the tasting experience. Share stories and insights in a warm community setting, as you sip on an assortment of teas tailored to complement your treats. Finally, document your personal journey in a mindfulness journal provided, capturing reflections and newfound appreciation. Whether you're a biscuit enthusiast or a mindfulness seeker, this class promises to nourish your soul and bring delightful joy to your life. Come, taste, and meditate your way to a happier you!

Class ID: CLASS_1007 | School of Dandori

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