



## Bubble Meditation and Zen Puddle Jumping

**Instructor:**

Mr. Bubbles McJoy

**Location:**

Northumberland

**Course Type:**

Mindfulness

**Cost:**

**£75.00**

### Learning Objectives

- Learn the art of bubble blowing to induce calm
- Practice mindfulness through puddle jumping
- Understand the science behind bubbles and surface tension
- Develop techniques for connecting with nature playfully
- Improve relaxation through creative outdoor activities

### Provided Materials

- Eco-friendly bubble wands
- Organic bubble solution
- Puddle-proof boots
- Rain-resistant ponchos
- Nature journaling kit

## Skills Developed

Mindfulness

Outdoor Skills

Nature Connection

Stress Relief

Playful Meditation

## Course Description

Join Mr. Bubbles McJoy for an enchanting adventure into the playful realms of Bubble Meditation and Zen Puddle Jumping, nestled in the serene landscapes of Northumberland. In this whimsical yet educational class, students will explore the art of mindfulness through the joyful act of bubble blowing and puddle jumping. Participants will learn to channel their inner calm by crafting perfect bubbles using eco-friendly wands and organic solutions, understanding the fascinating science of surface tension and its meditative benefits. With rain-resistant ponchos and puddle-proof boots, adults will engage in the liberating practice of Zen Puddle Jumping, where each splash becomes a mindful expression of freedom and joy. The class encourages participants to reconnect with nature, using playful activities to enhance mental wellness and stress relief. The session concludes with a nature journaling exercise, allowing students to reflect on personal growth and newfound serenity. Perfect for adults seeking a unique mindfulness experience, this class promises to nourish the soul with laughter and tranquility, ensuring everyone leaves with a heart full of happiness and a mind brimming with newfound skills for everyday joy.

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