



Mindful

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Articles

About

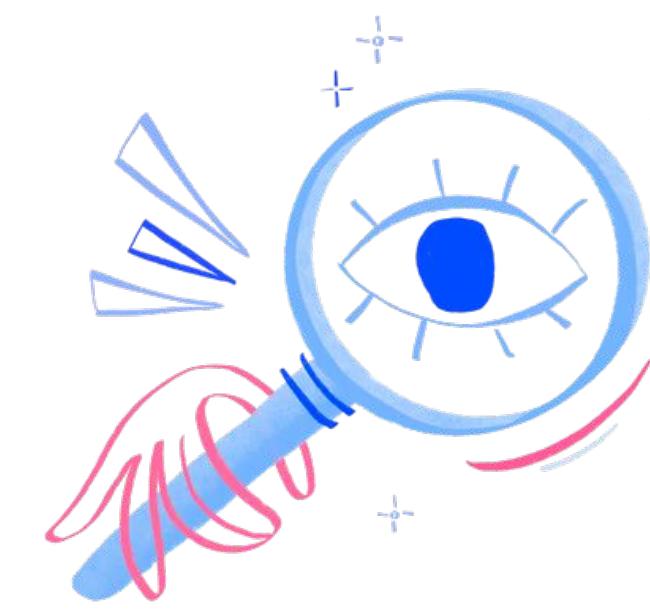
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# Discover Mindful

Pause, breathe, notice. Embrace each moment with mindful presence and gentle awareness.



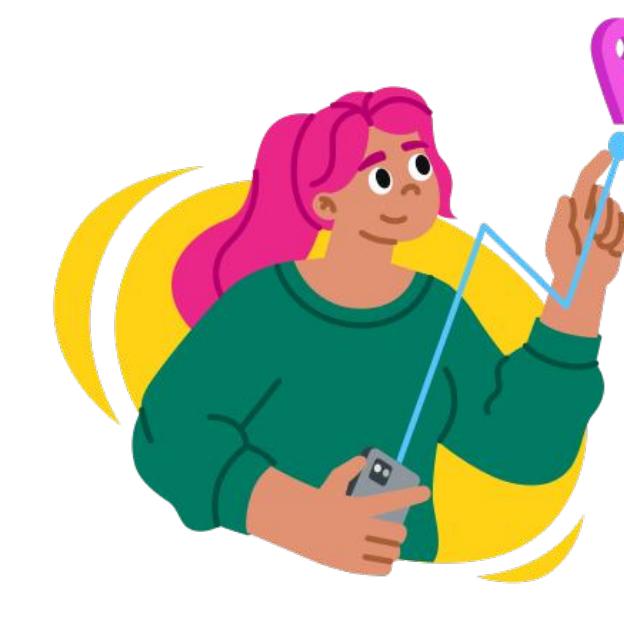
## Find Event

From art shows to yoga classes, discover events that spark joy.



## Meet People

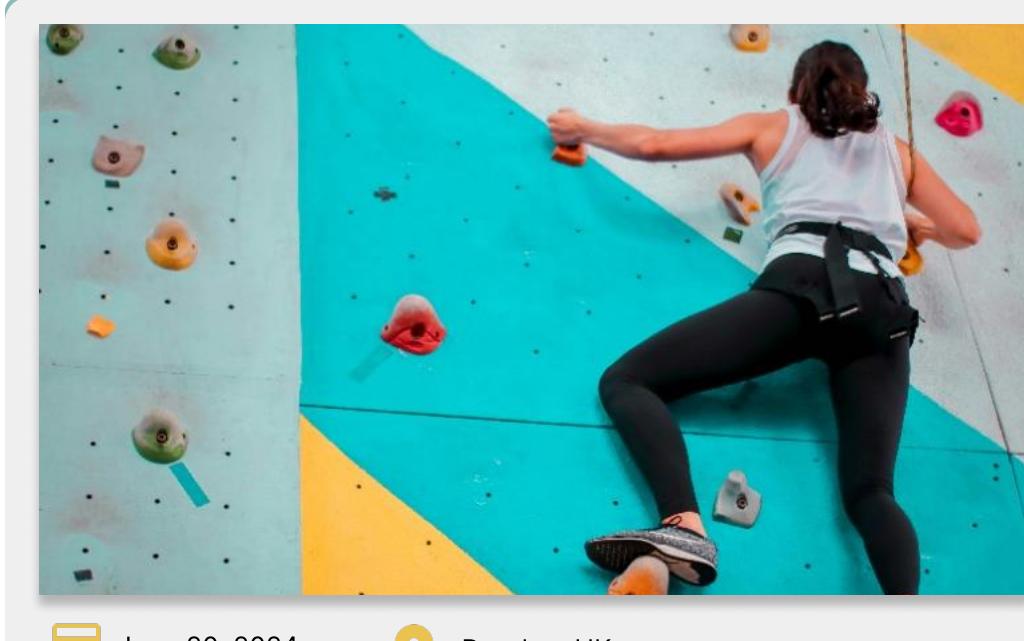
Share stories, and build meaningful connections at community gatherings.



## Create Events

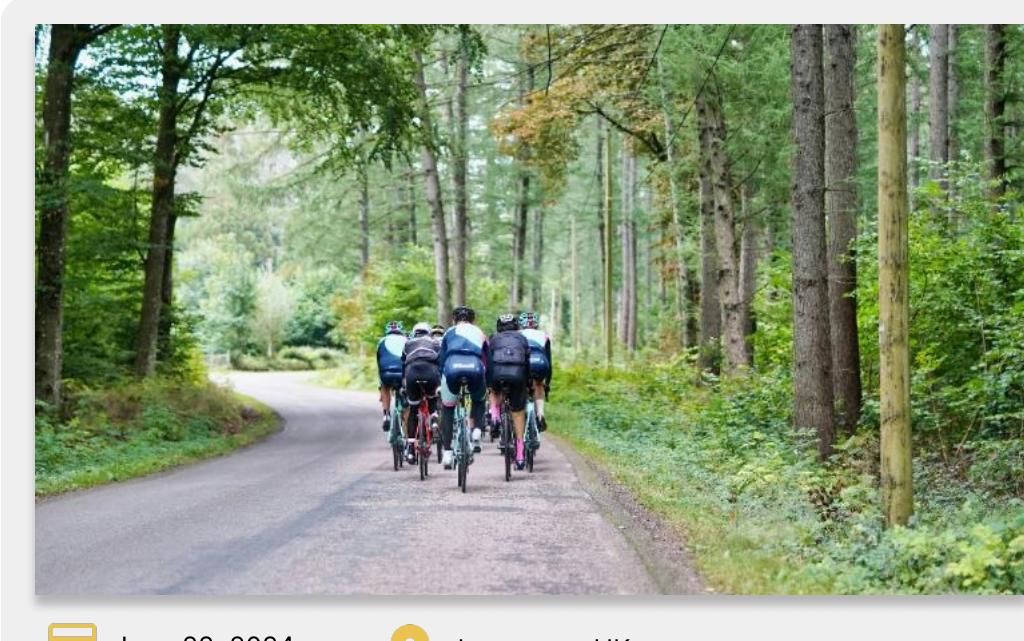
Share your passion, gather friends, and create unforgettable experiences together.

### Recently Added Events



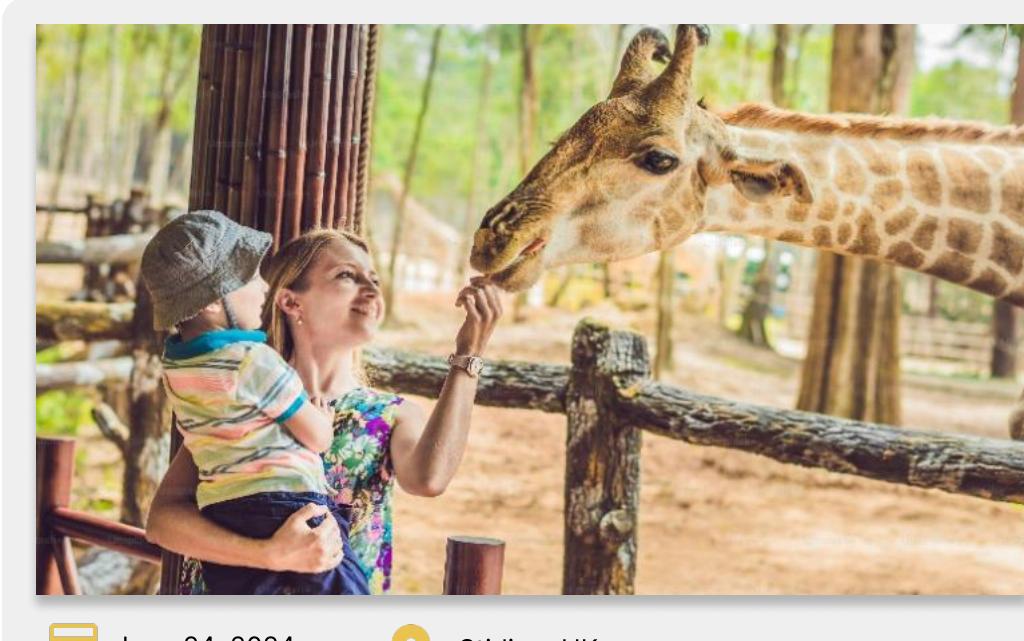
#### Wall Climbing

Join us on a nice game of table tennis at Perth

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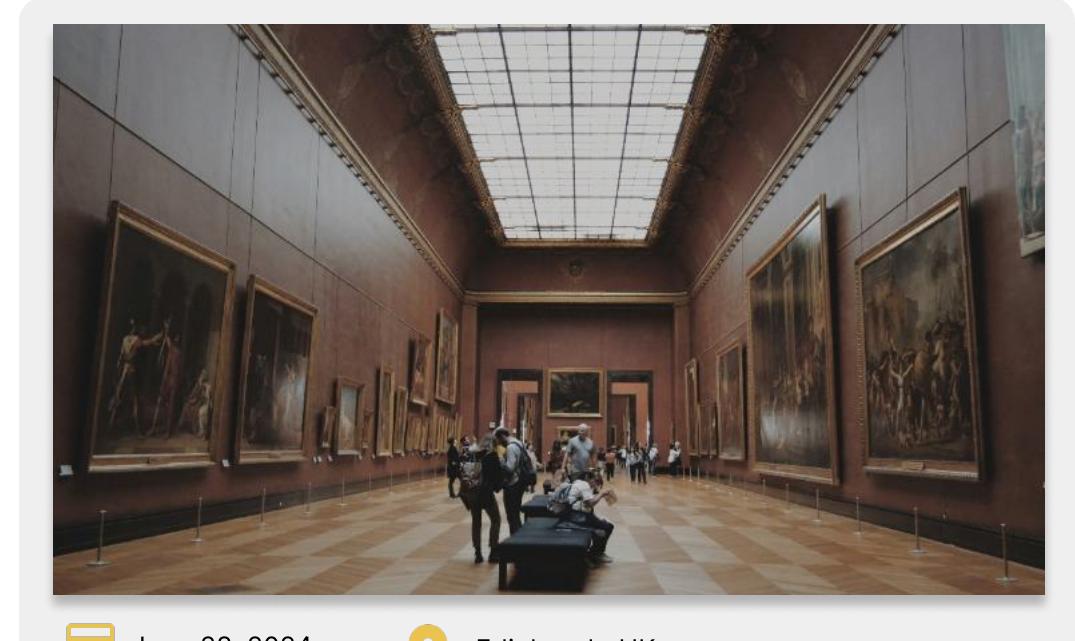
#### Cycling

Come and join us on a exercise session at Dundee

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#### Zoo Trip

Two day camping at Newtyle amidst wilderness

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#### Museum Trip

Two day camping at Newtyle amidst wilderness

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### May 2024

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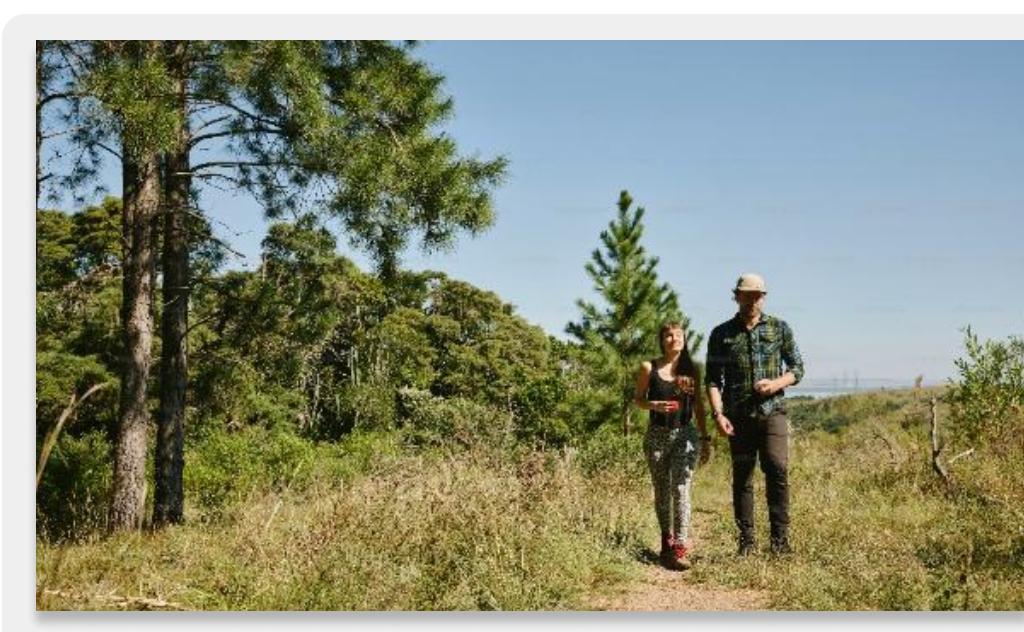
#### Yoga Session

Relaxing yoga amidst wilderness at Dundee

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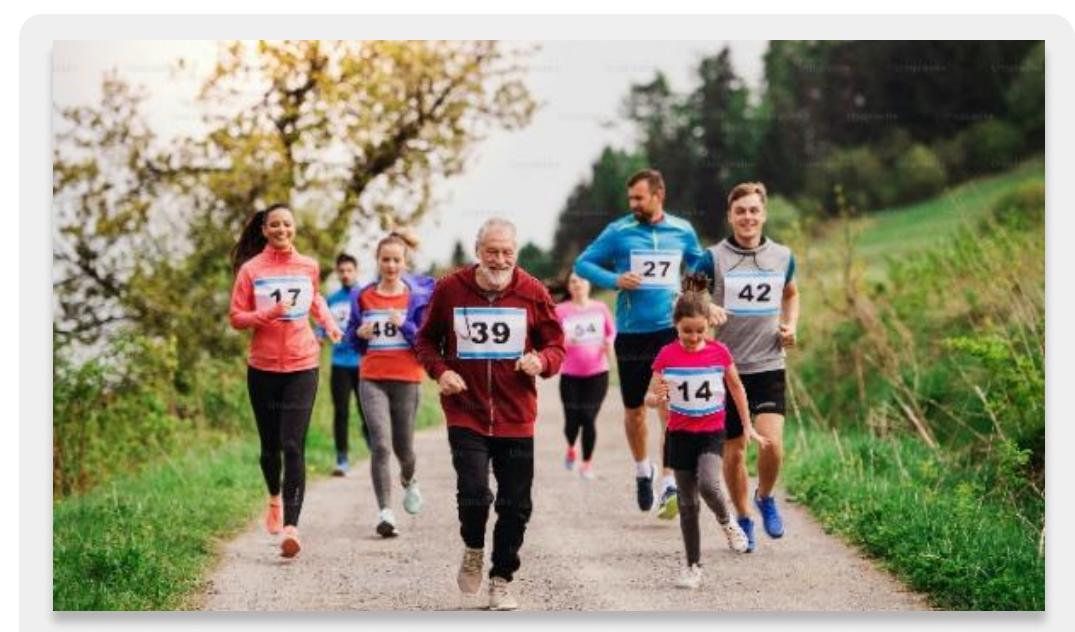
#### Kayaking

Kayaking at Barra with beautiful views

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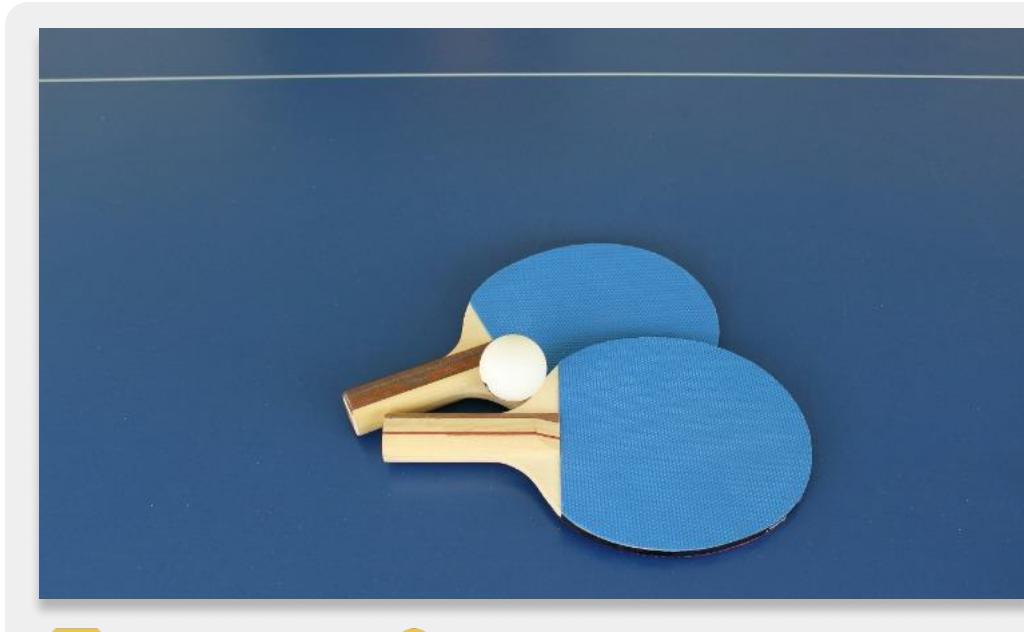
#### Hill Walking

Hill walking with other people at Newtyle

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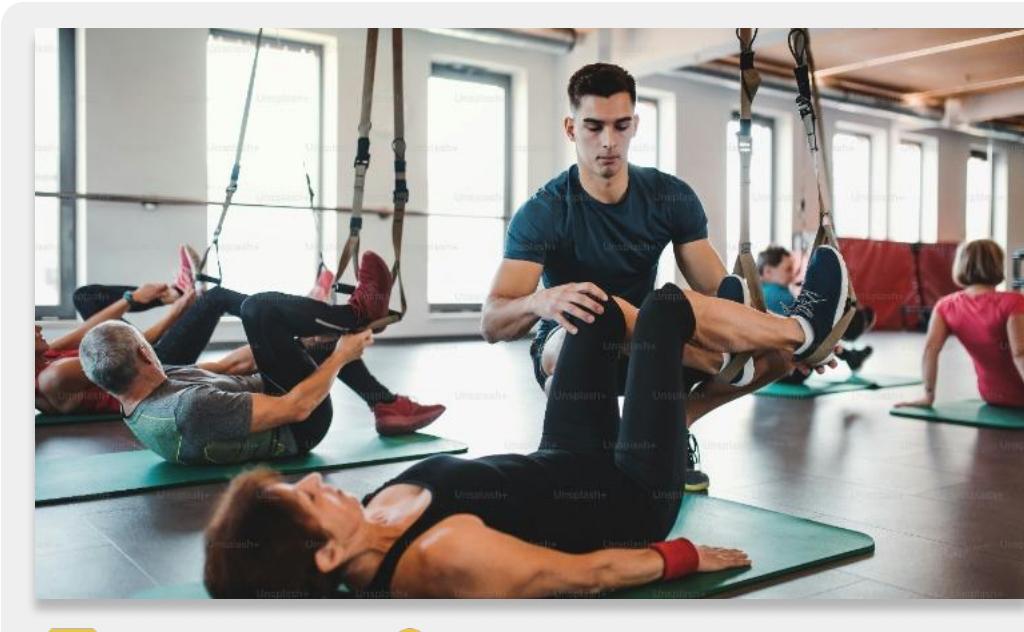
#### Marathon

Come and join us on a charity Marathon at East Haven

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## About Mindful

Learn more about Mindful, your gateway to cultivating peace, clarity, and mindfulness in daily life.

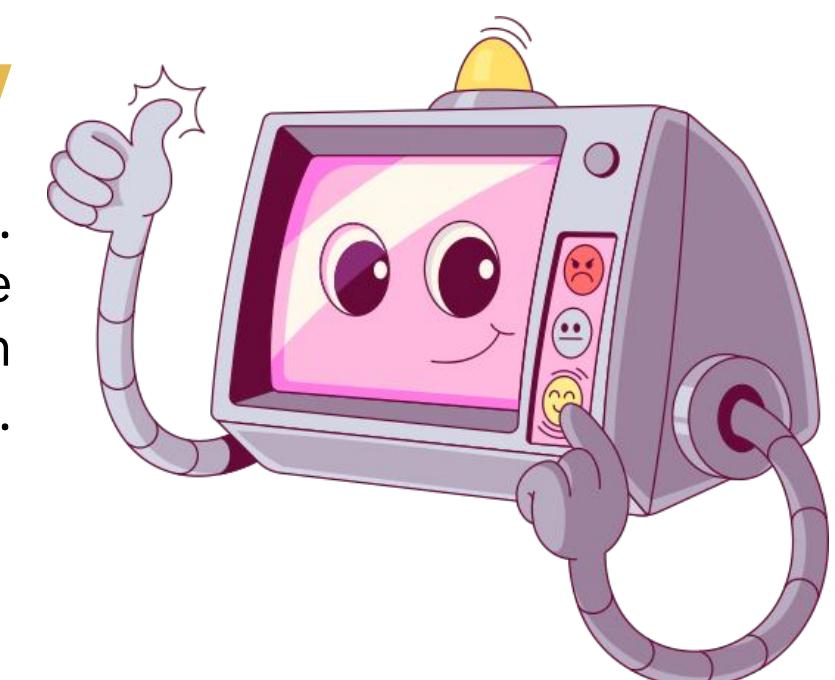


### Our Mission

At Mindful, we're passionate about the transformative power of mindfulness. Our mission is clear: to provide accessible resources and guidance for individuals looking to incorporate mindfulness into their lives. Whether you're new to mindfulness or a seasoned practitioner, we're here to support you on your journey towards greater presence, peace, and well-being.

### Your Journey

Explore our platform's array of tools and practices designed to help you integrate mindfulness into your daily routine. From guided meditations to insightful articles and practical tips, we're dedicated to empowering you with the knowledge and skills needed to live more mindfully. Join our community and discover the profound benefits of living with intention and awareness.



### Building Community

Mindfulness is for everyone, regardless of background or experience. Through our platform, we strive to create a welcoming space where individuals can connect, learn, and grow together. Join us in cultivating a community of mindfulness and self-discovery.



### Articles

From art shows to yoga classes, discover events that spark joy.

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### Events

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### App

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## Our History

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We are delighted to have you join our mindfulness community. Thank you for being part of this journey towards greater awareness and peace. Together, we can create a more mindful world. Welcome to Mindful!



## Filters

### Categories

- Inner Peace
- Mindful Living
- Stress-Free Zone
- Mind-Body Harmony
- Vitality & Wellness
- Active Living
- Vitality & Wellness
- Body Balance
- Fitness Fundamentals
- Self-Improvement

### Read Time

- Under 5 minutes
- 5-10 minutes
- 10-20 minutes
- Over 20 minutes

## Search Results

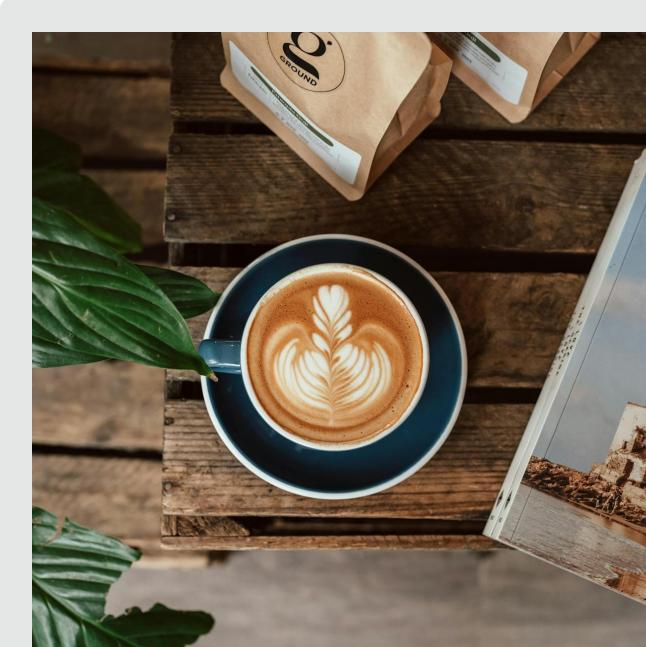
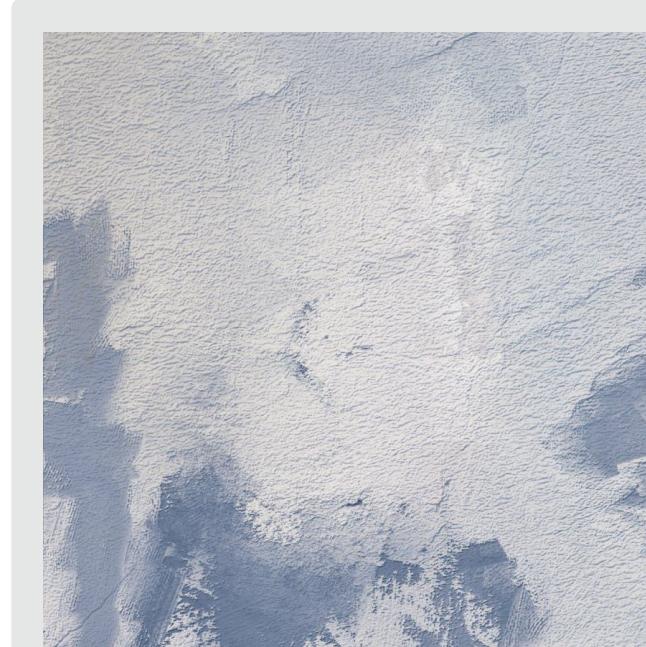
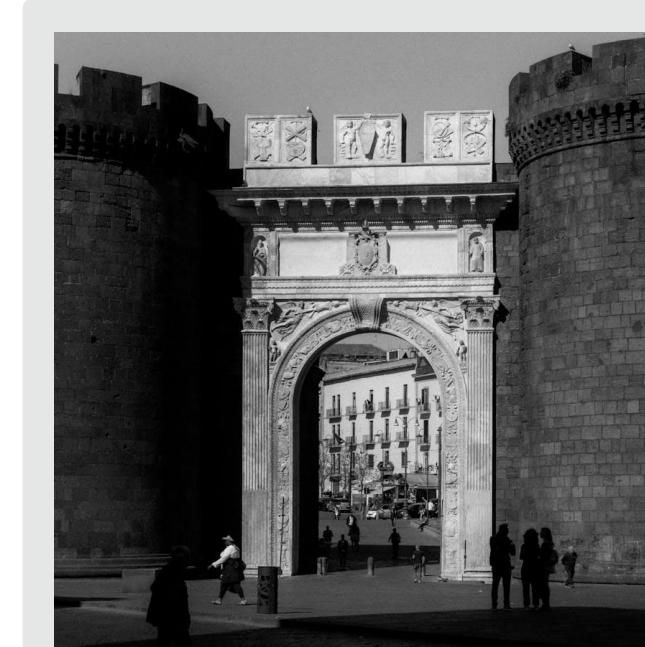
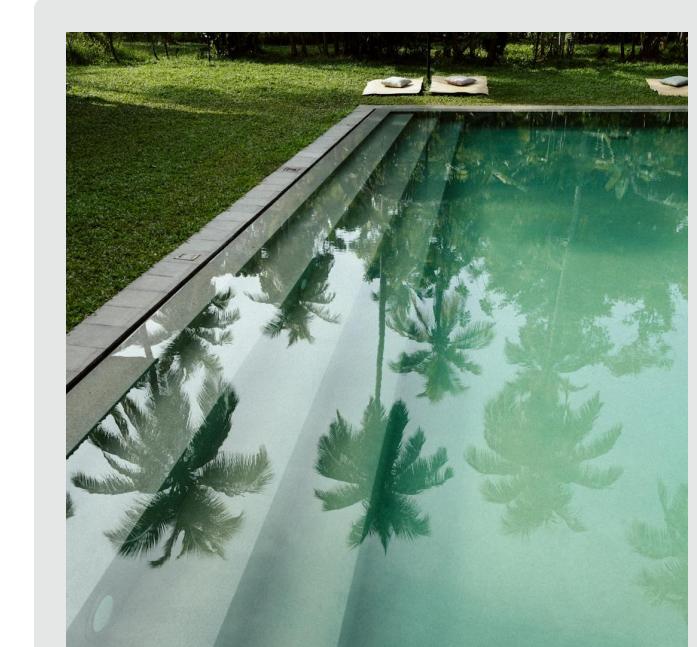
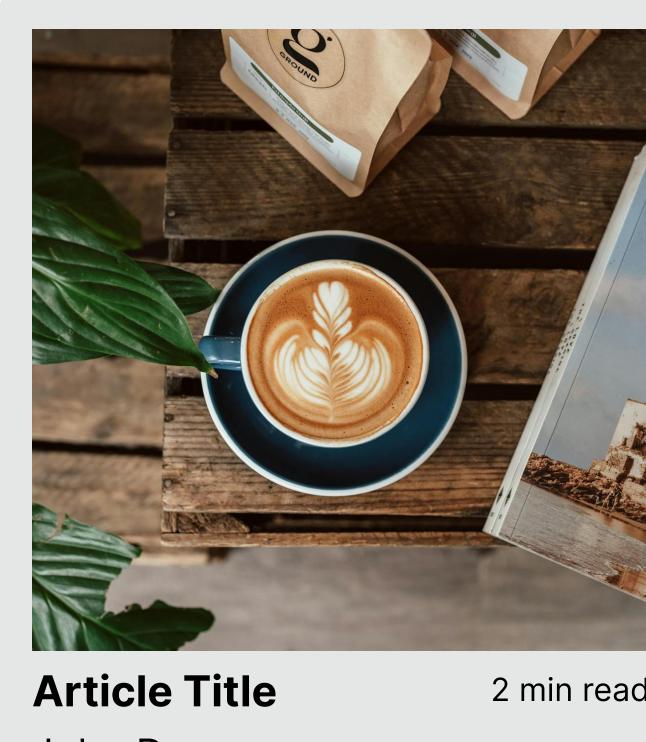
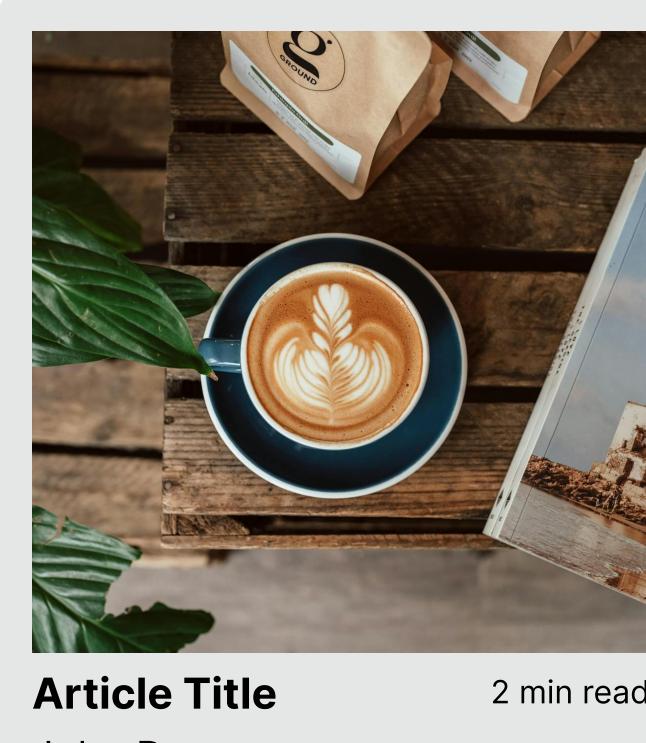
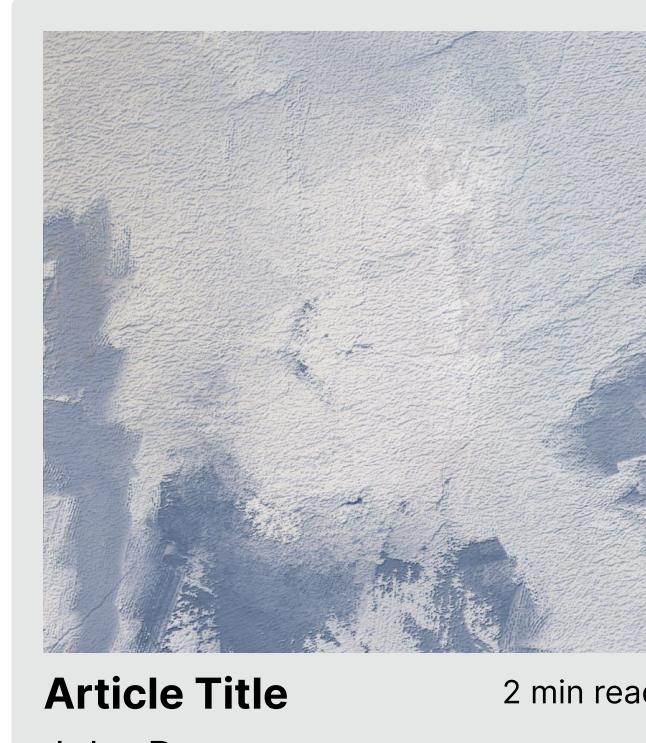
 Search...

+15 results for "Meditation"

Sort By: Relevancy

Category: Inner Peace

Category: Mindful Living

[Clear All Filters](#)**Article Title**  
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June 1, 2024

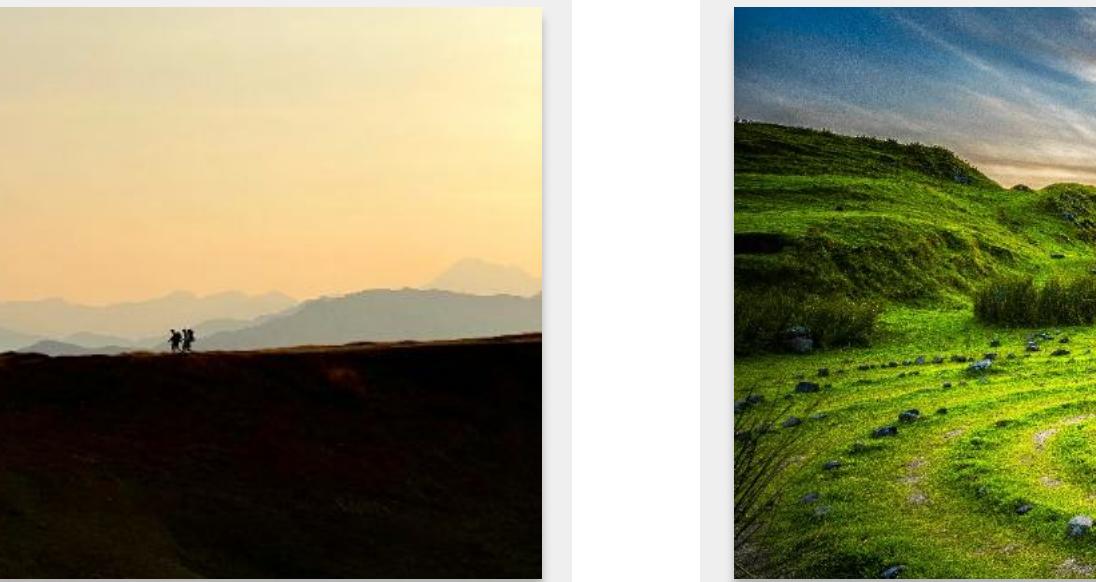
Online

## Zoom Session

Just a chill group conversation on Zoom

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June 8, 2024

Fort Augustus, UK

## Hill Walking

Kayaking at Barra with beautiful views

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June 15, 2024

Arran, UK

## Small Expedition

Hill walking with other people at Newtyle

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More Info



June 17, 2024

Dundee, UK

## Archery

Come and join us on a charity Marathon at East Haven

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More Info



June 20, 2024

Dundee, UK

## Wall Climbing

Join us on a nice game of table tennis at Perth

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June 22, 2024

Inverness, UK

## Cycling

Come and join us on a exercise session at Dundee

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More Info



June 24, 2024

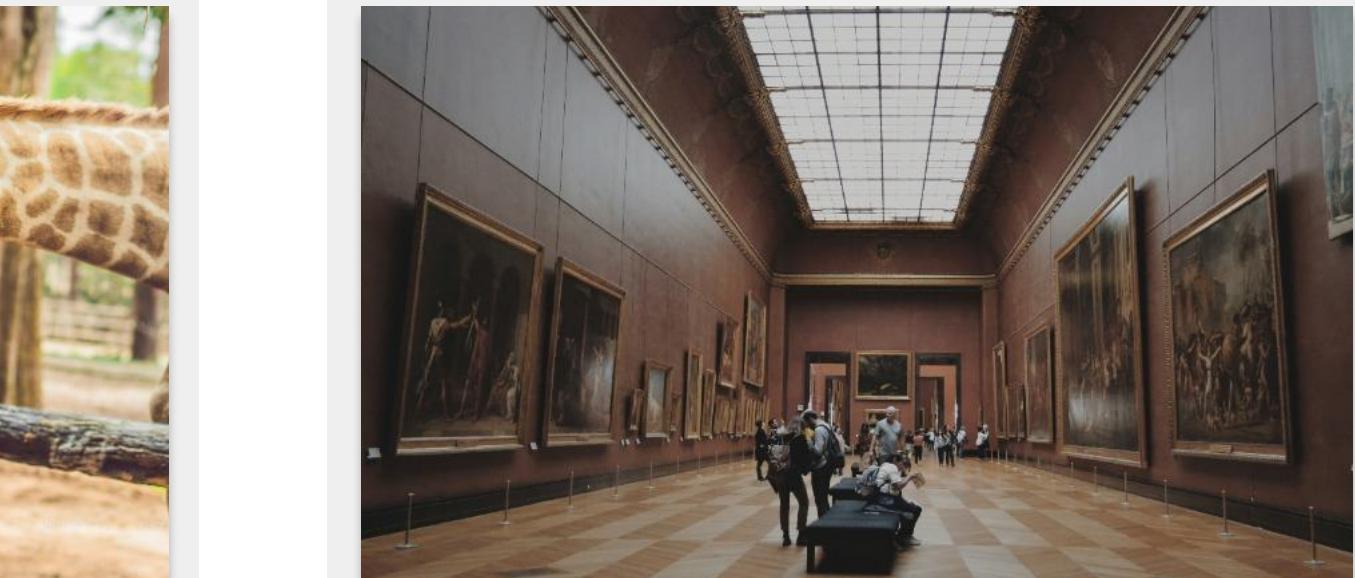
Stirling, UK

## Zoo Trip

Two day camping at Newtyle amidst wilderness

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June 28, 2024

Edinburgh, UK

## Museum Trip

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More Info

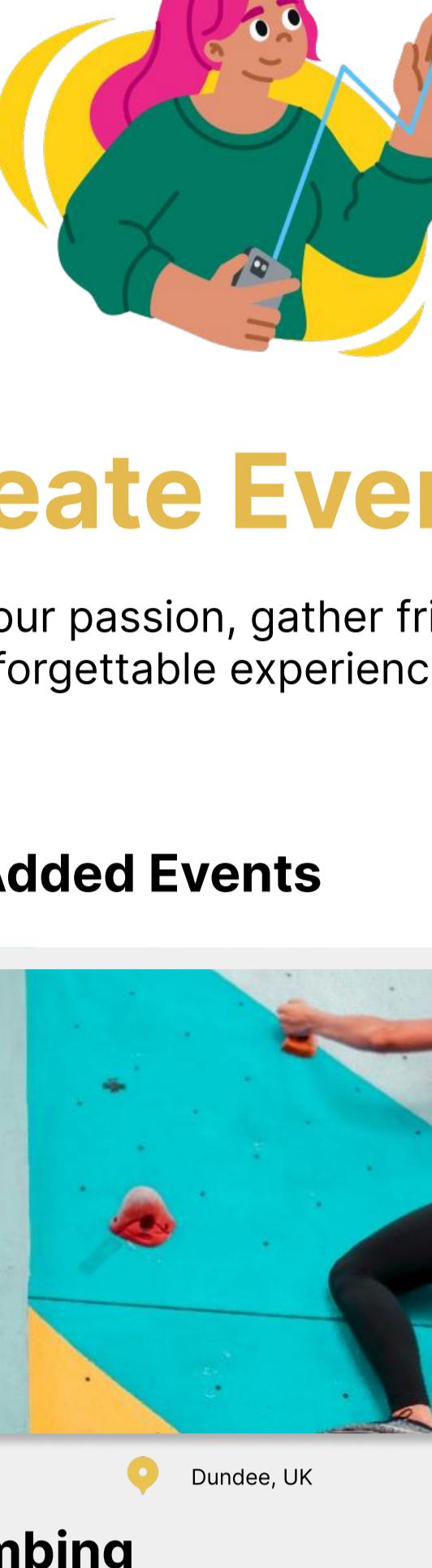


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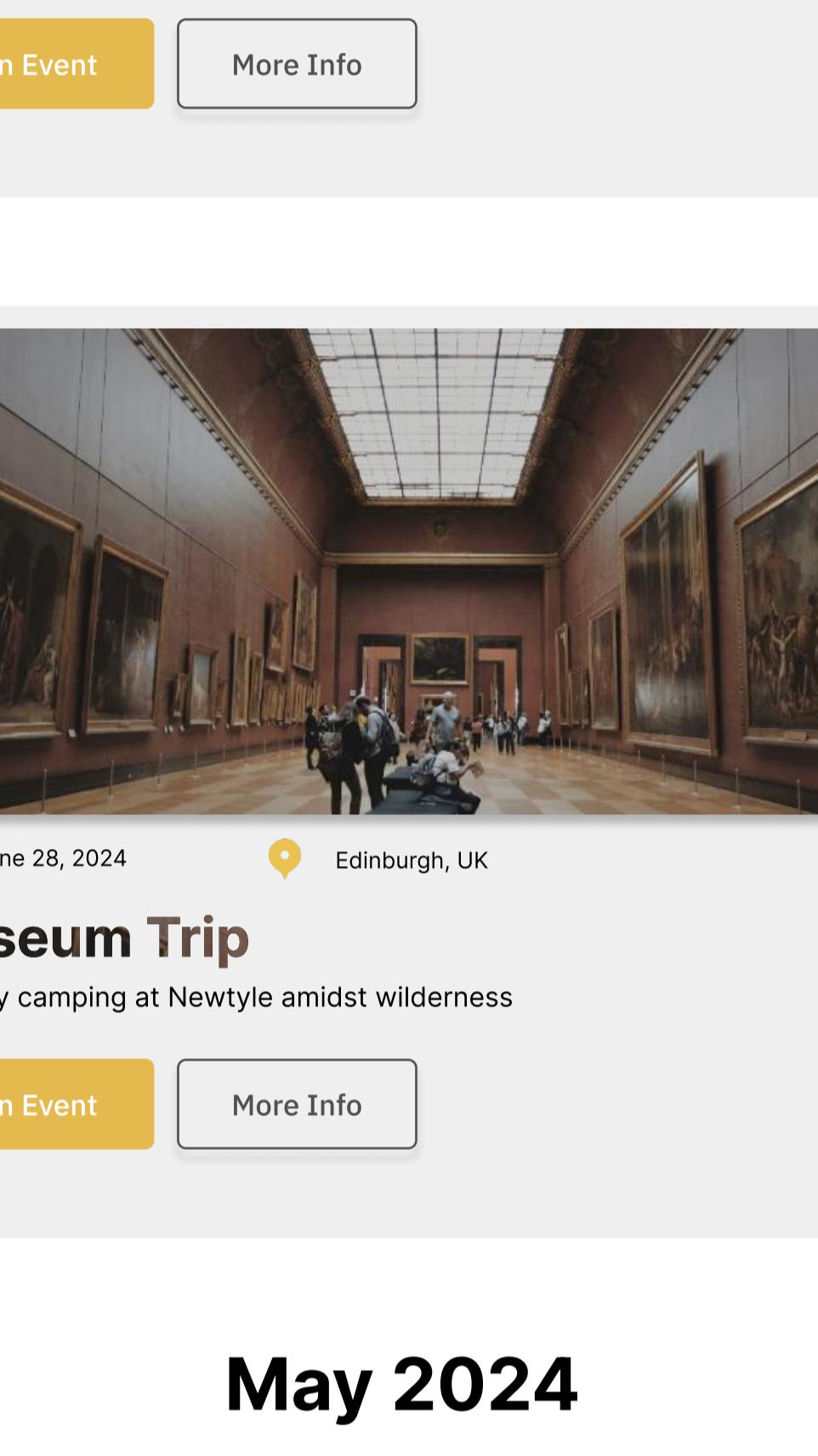
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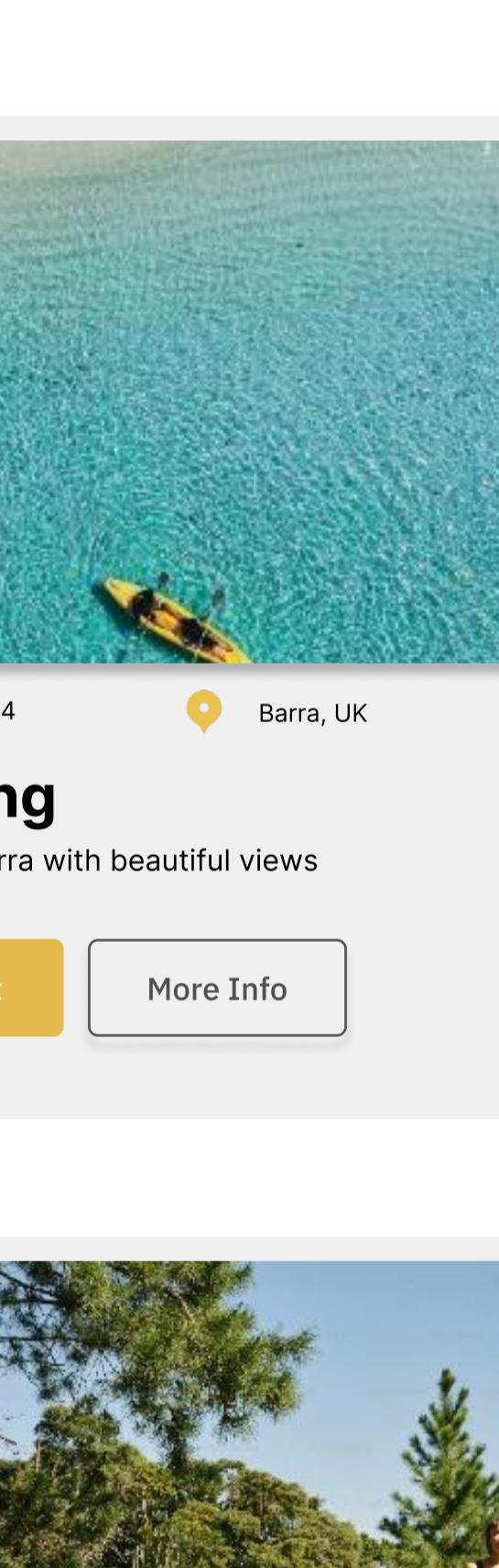
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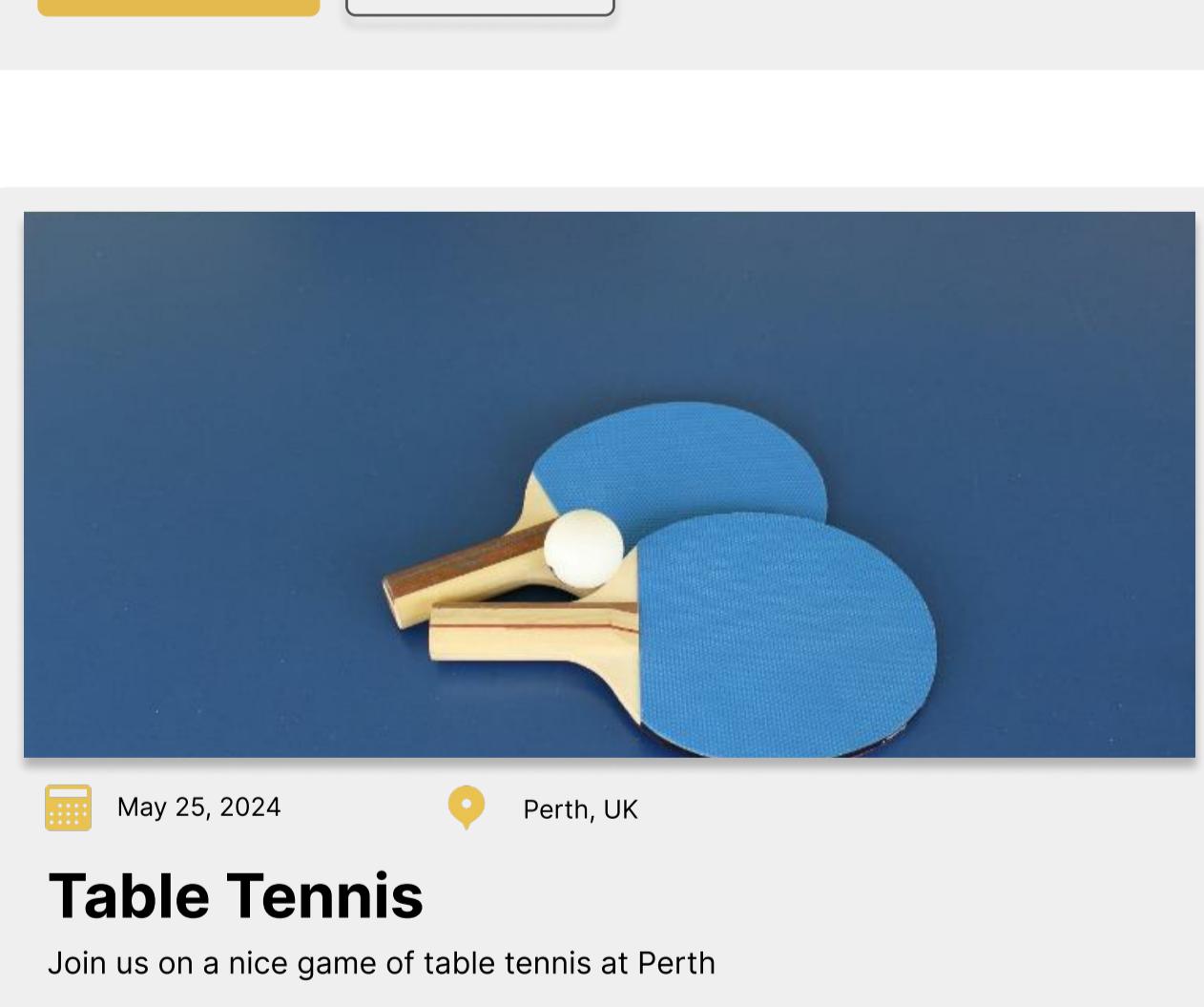
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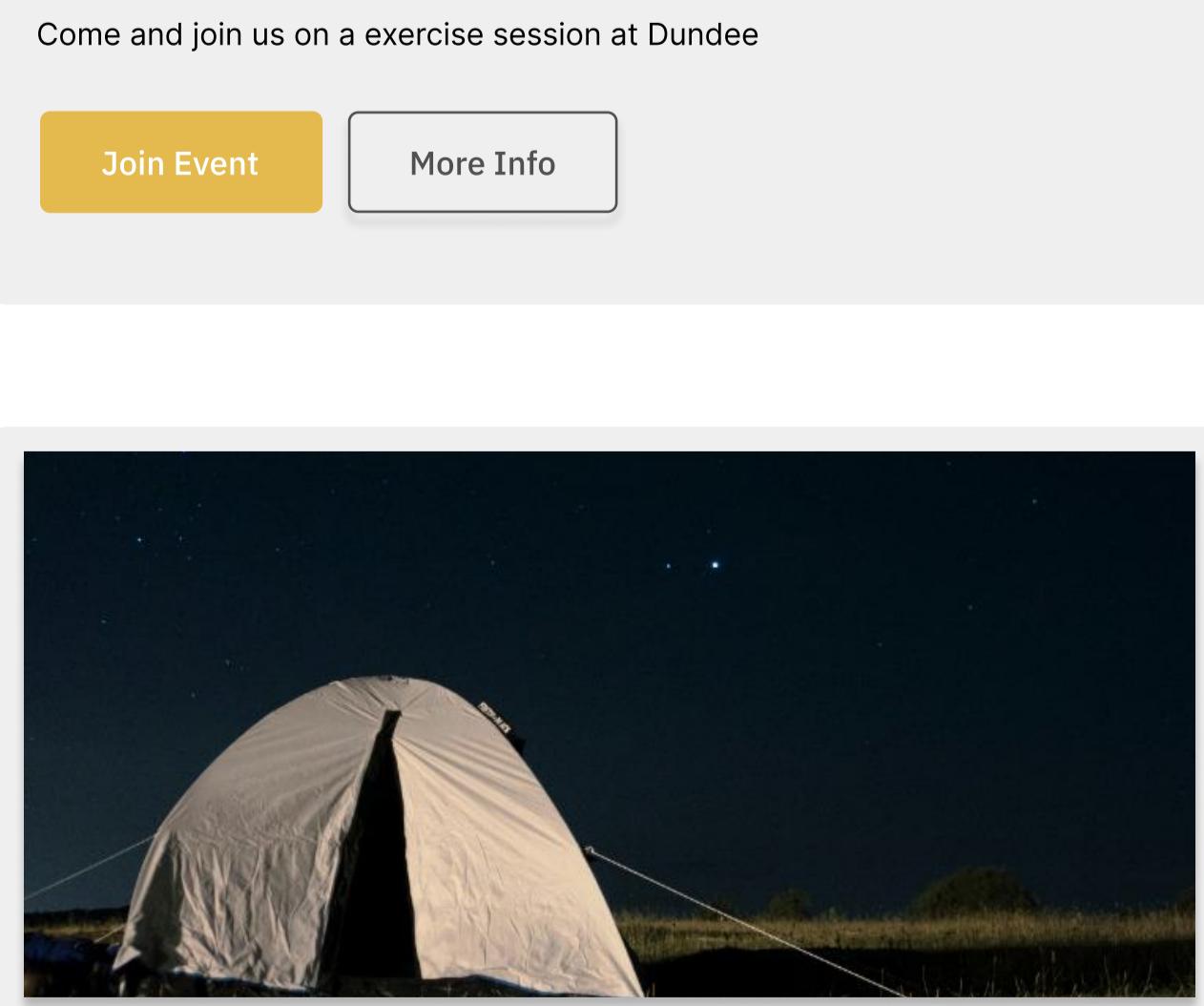


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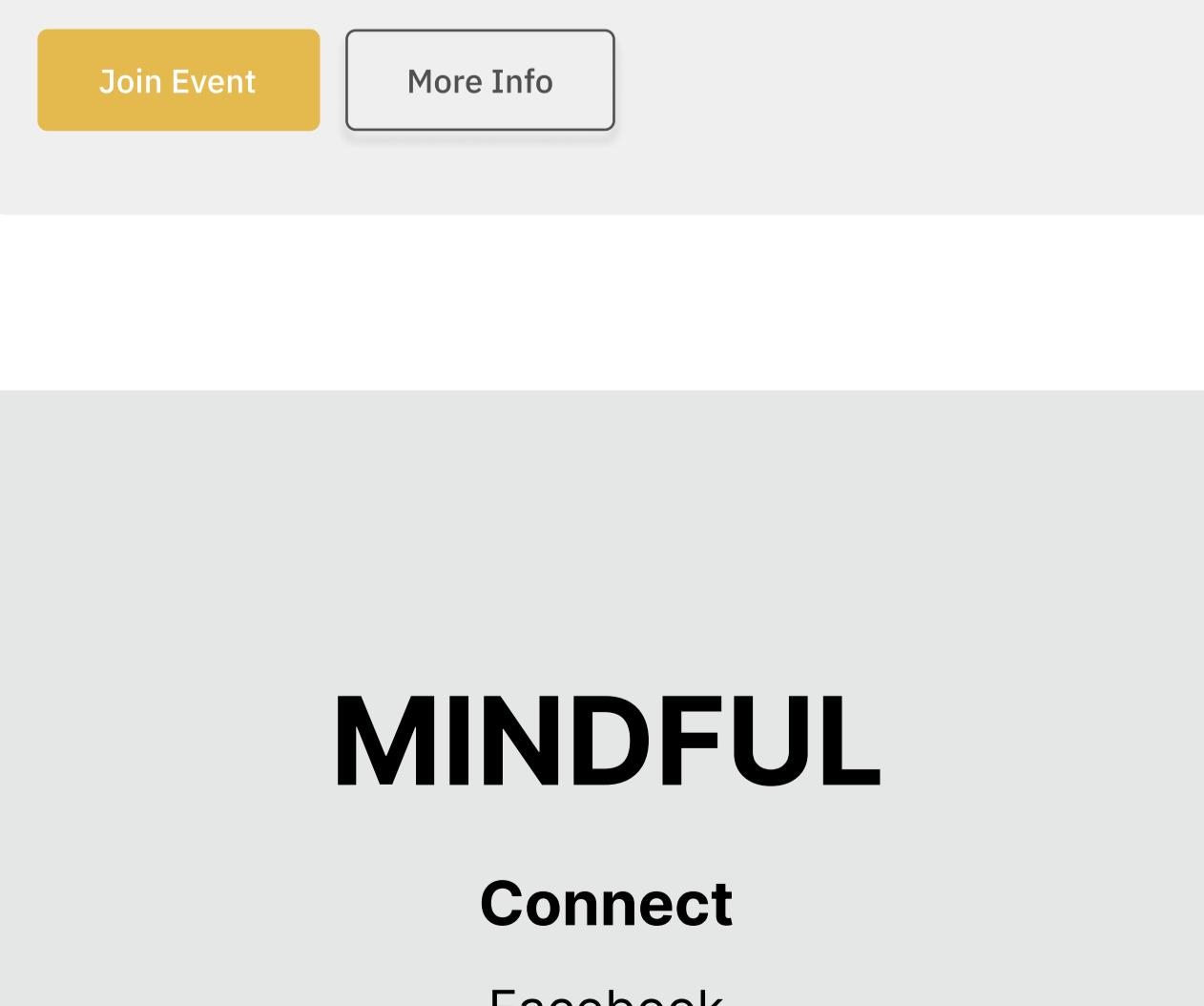


#### Kayaking

Kayaking at Barra with beautiful views

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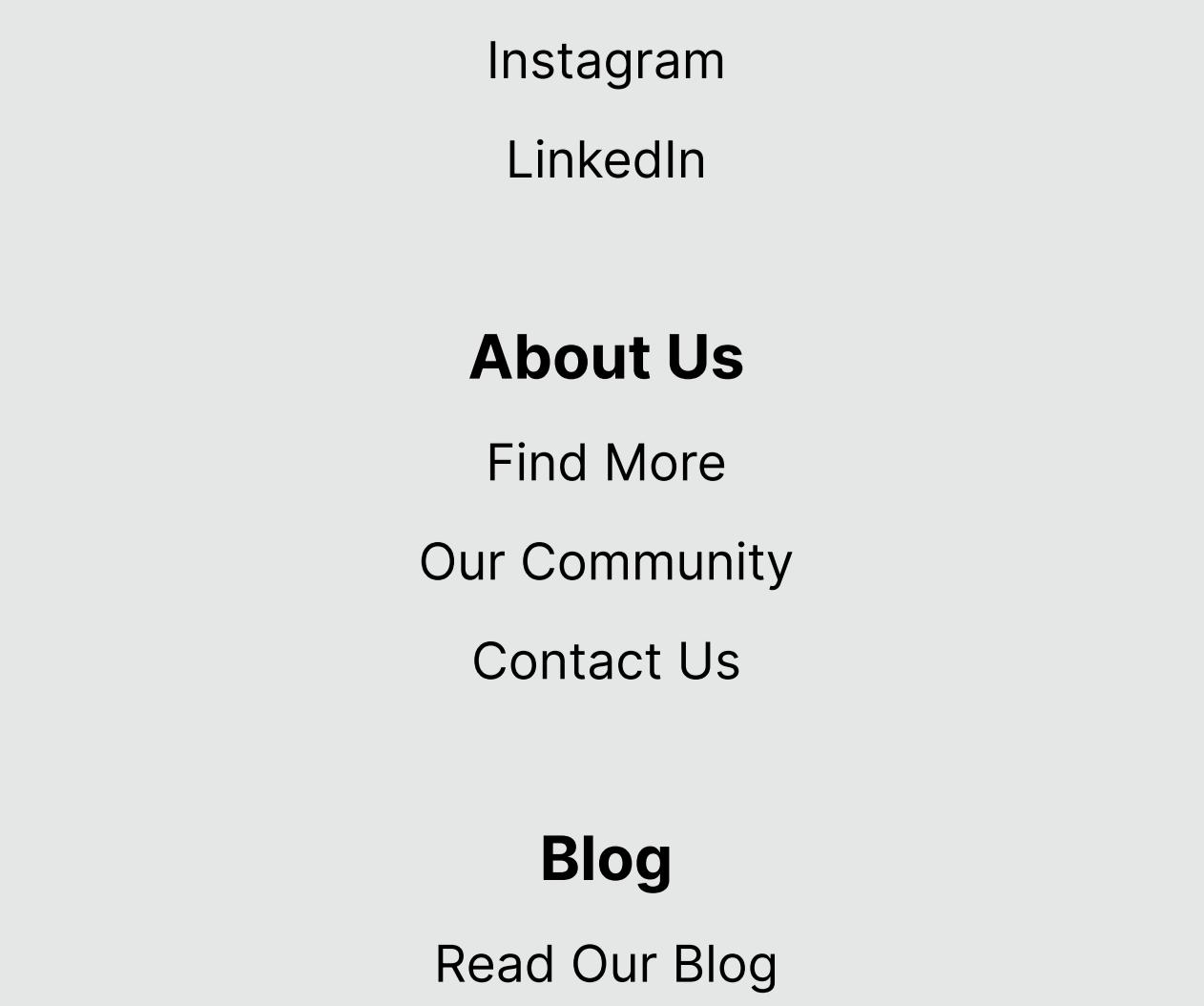


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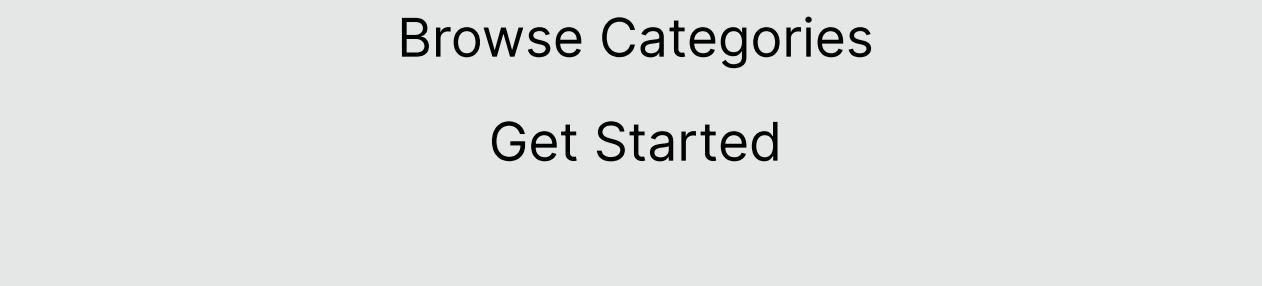


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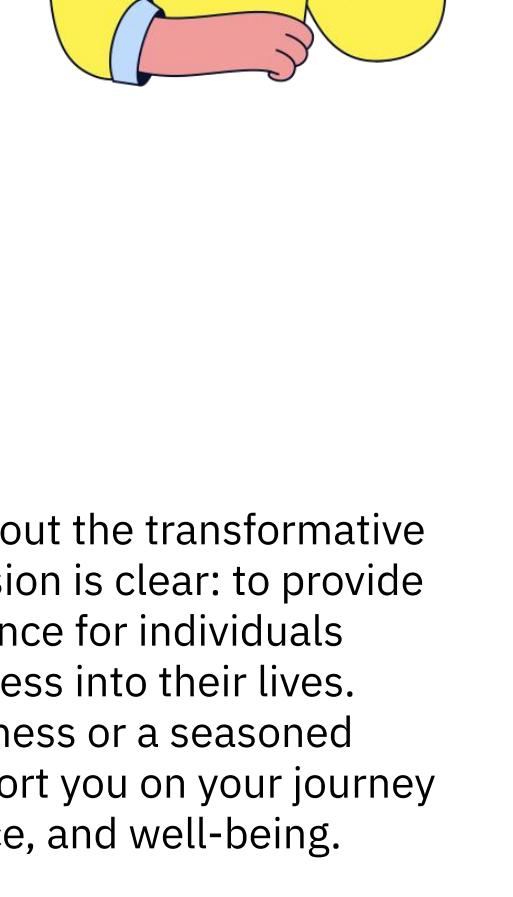


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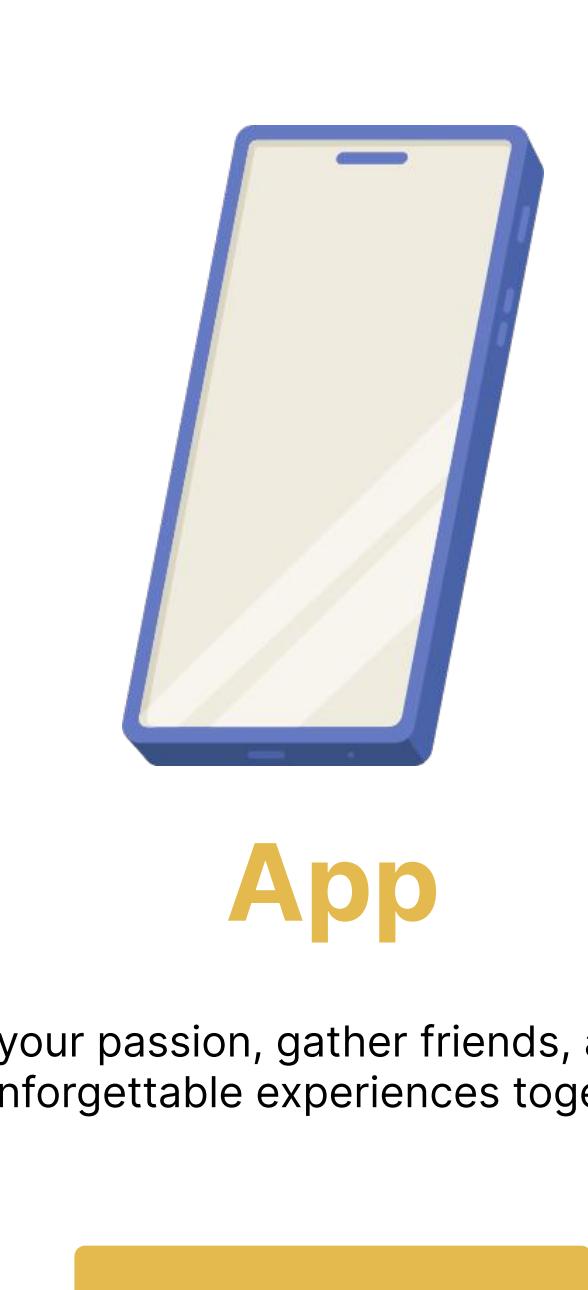
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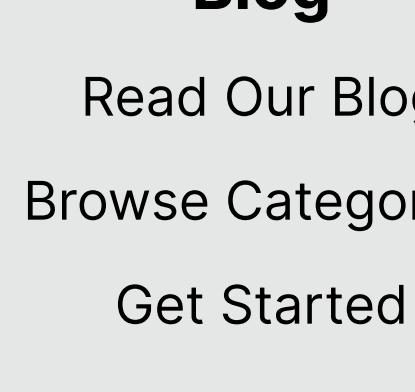
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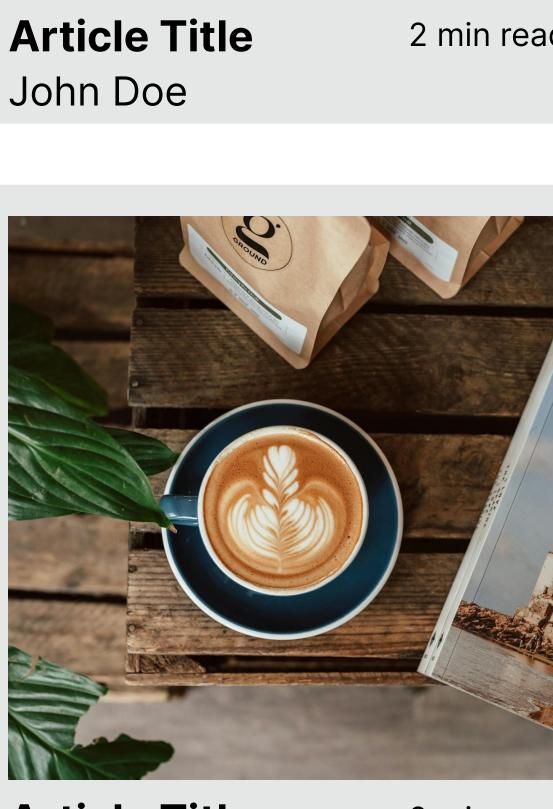


Sort By: Relevancy



Filters

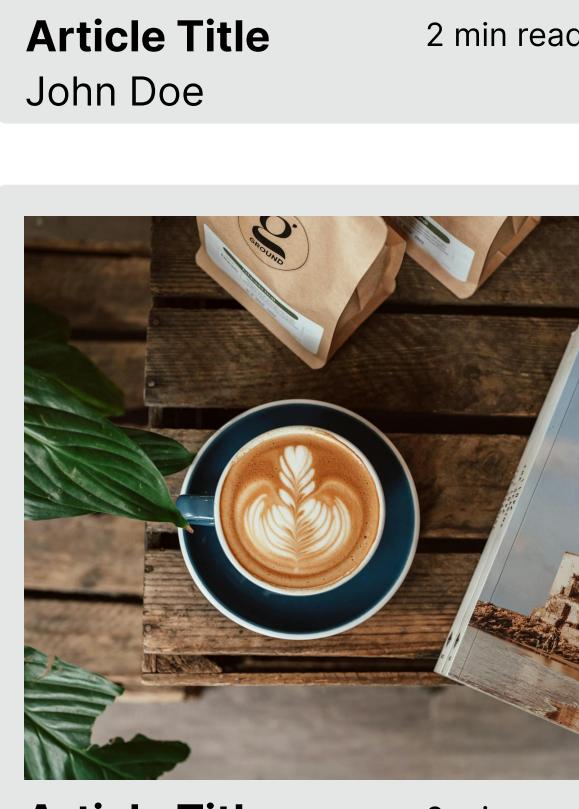
+15 results for "Meditation"



**Article Title**

2 min read

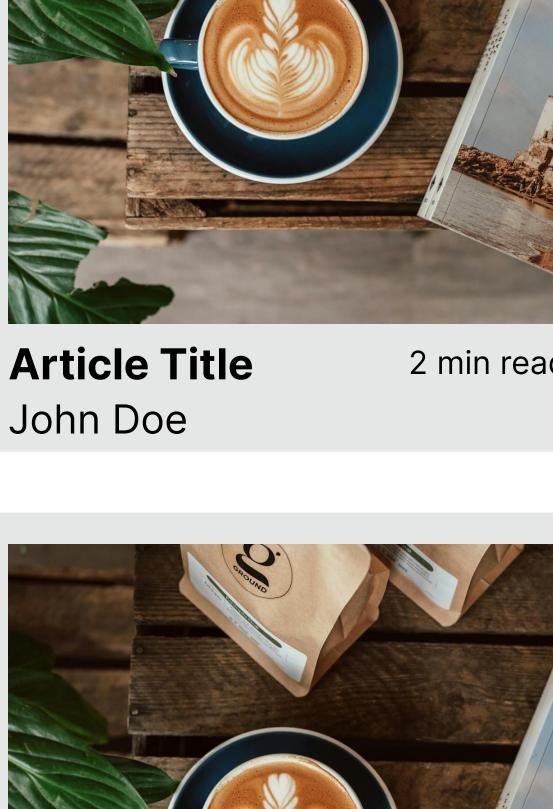
John Doe



**Article Title**

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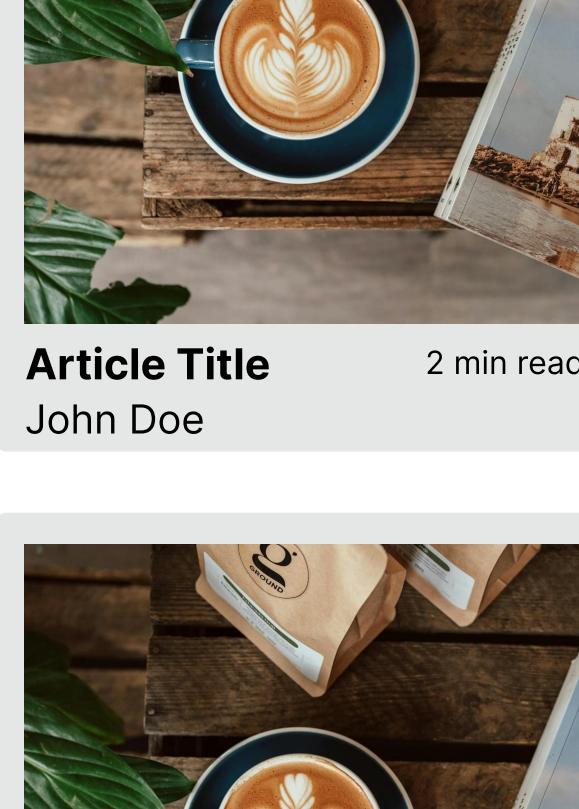
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**Article Title**

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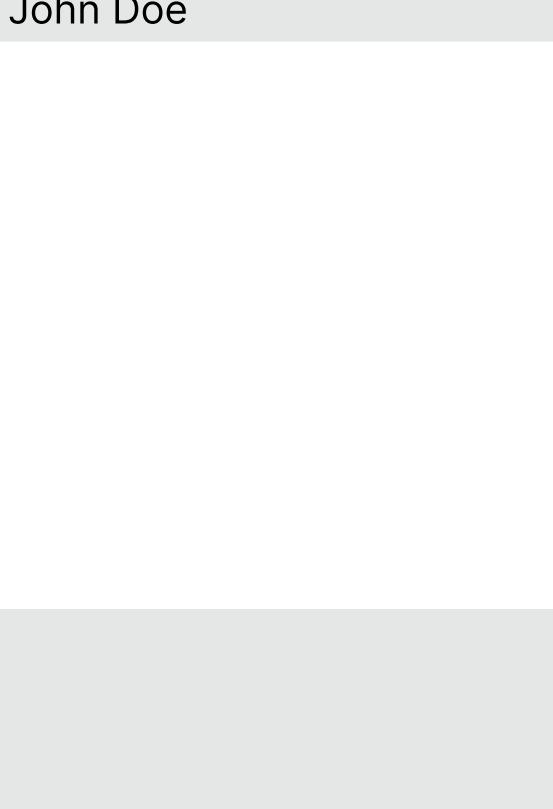
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**Article Title**

2 min read

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