



June 1, 2024

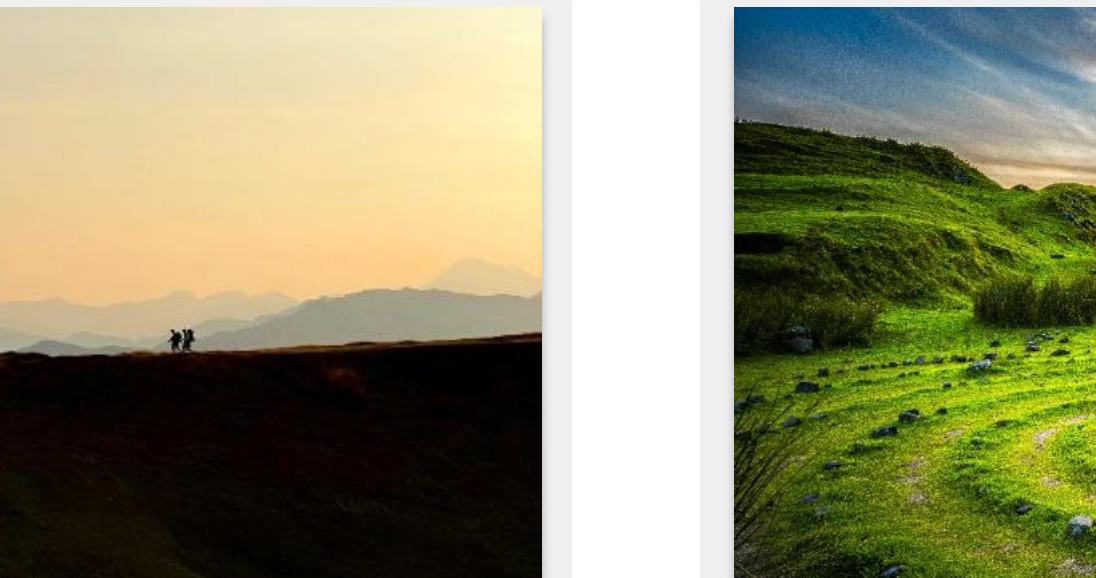
Online

## Zoom Session

Just a chill group conversation on Zoom

Join Event

More Info



June 8, 2024

Fort Augustus, UK

## Hill Walking

Kayaking at Barra with beautiful views

Join Event

More Info



June 15, 2024

Arran, UK

## Small Expedition

Hill walking with other people at Newtyle

Join Event

More Info



June 17, 2024

Dundee, UK

## Archery

Come and join us on a charity Marathon at East Haven

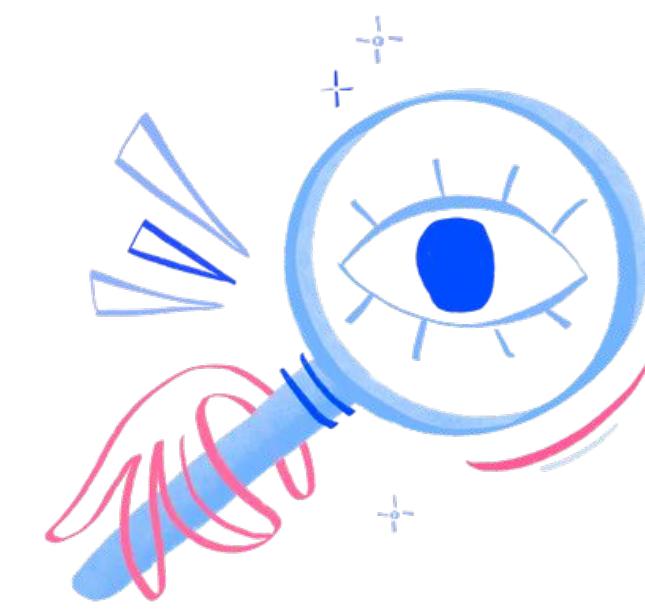
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# Discover Mindful

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



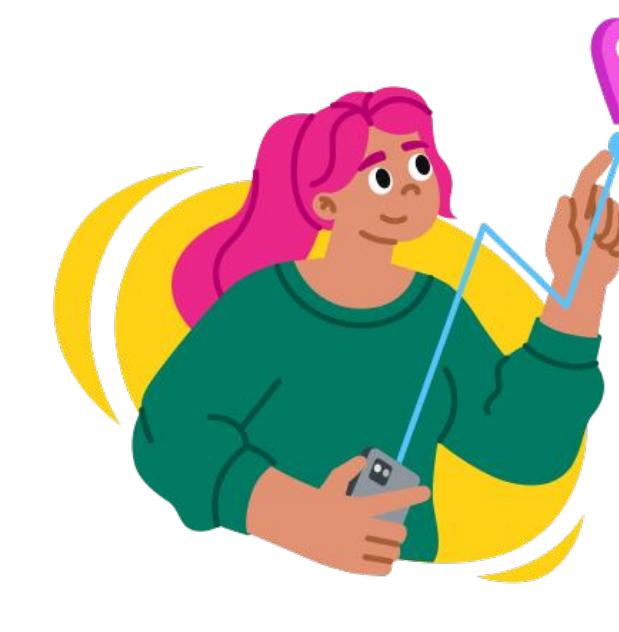
## Find Event

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



## Meet People

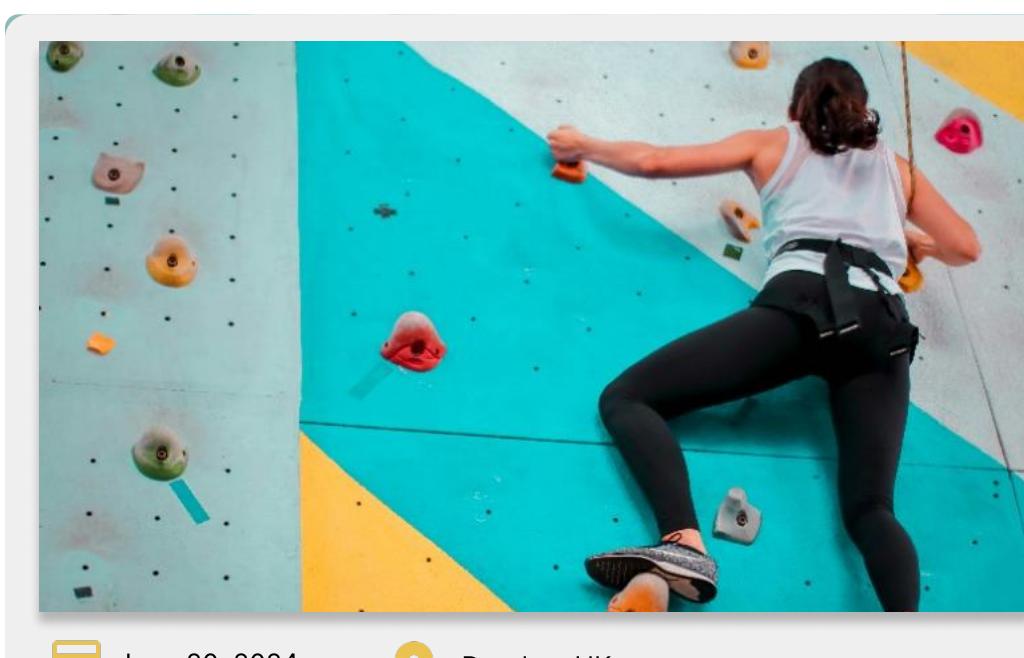
Share stories, and build meaningful connections at community gatherings.



## Create Events

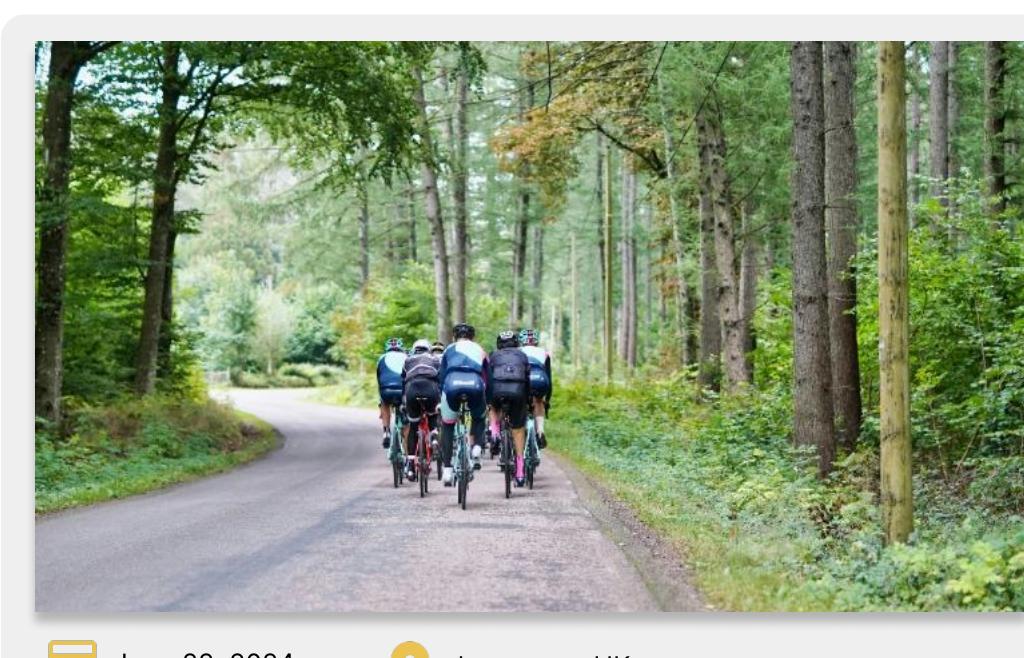
Share your passion, gather friends, and create unforgettable experiences together.

### Recently Added Events



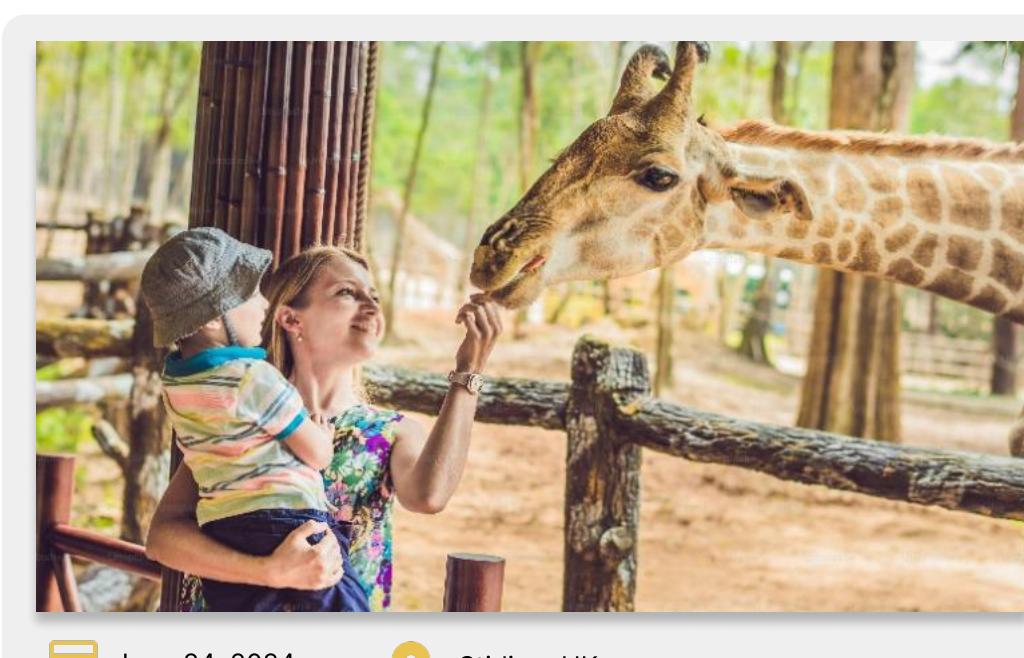
#### Wall Climbing

Join us on a nice game of table tennis at Perth

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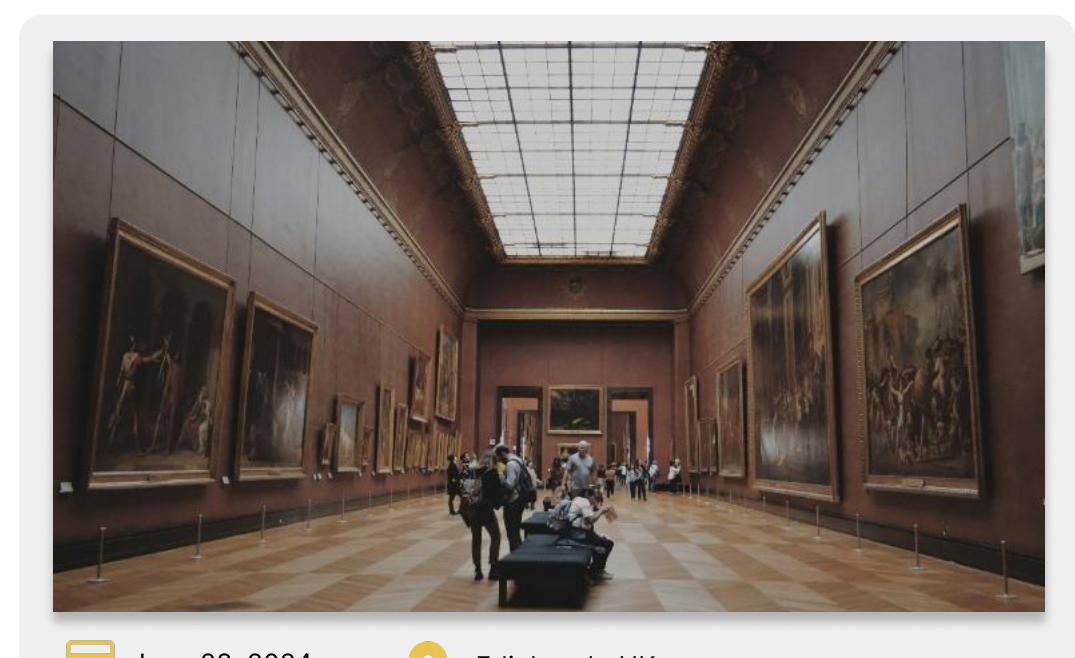
#### Cycling

Come and join us on a exercise session at Dundee

[Join Event](#)[More Info](#)

#### Zoo Trip

Two day camping at Newtyle amidst wilderness

[Join Event](#)[More Info](#)

#### Museum Trip

Two day camping at Newtyle amidst wilderness

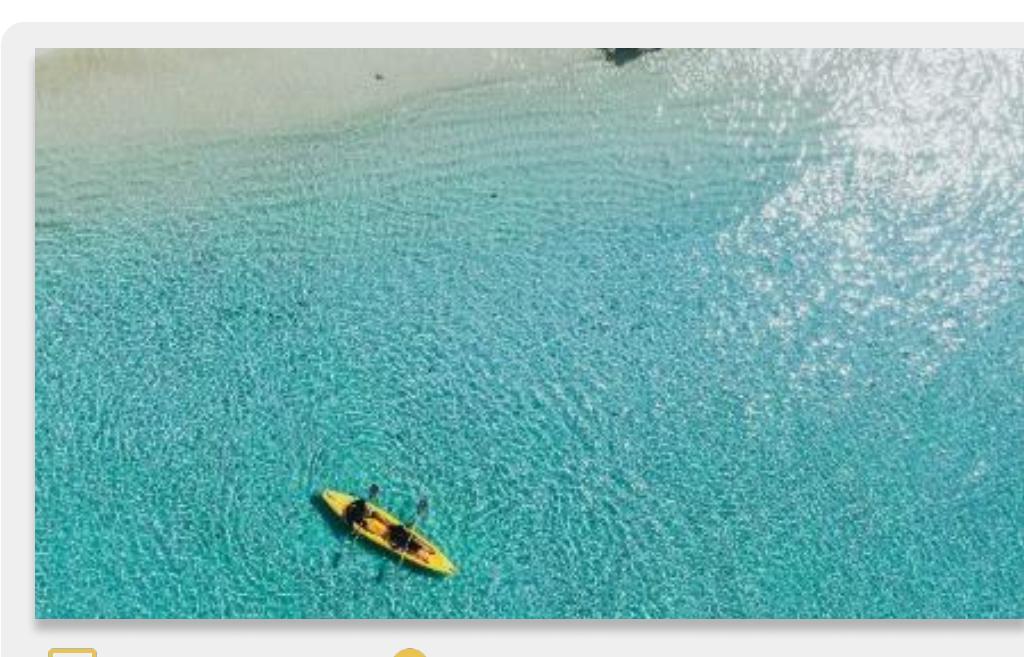
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### May 2024

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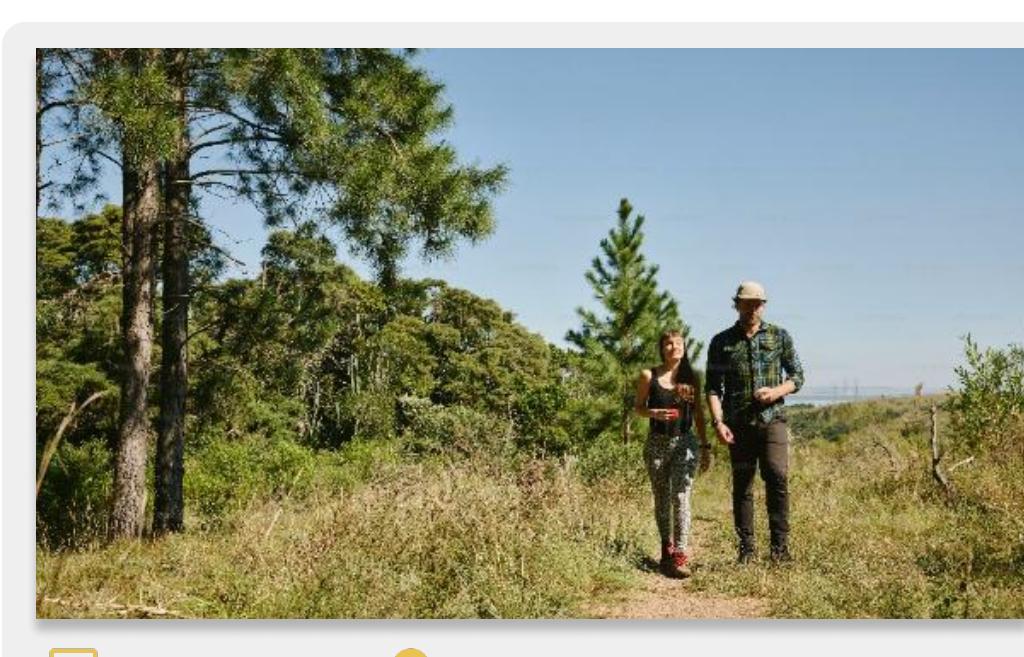
#### Yoga Session

Relaxing yoga amidst wilderness at Dundee

[Join Event](#)[More Info](#)

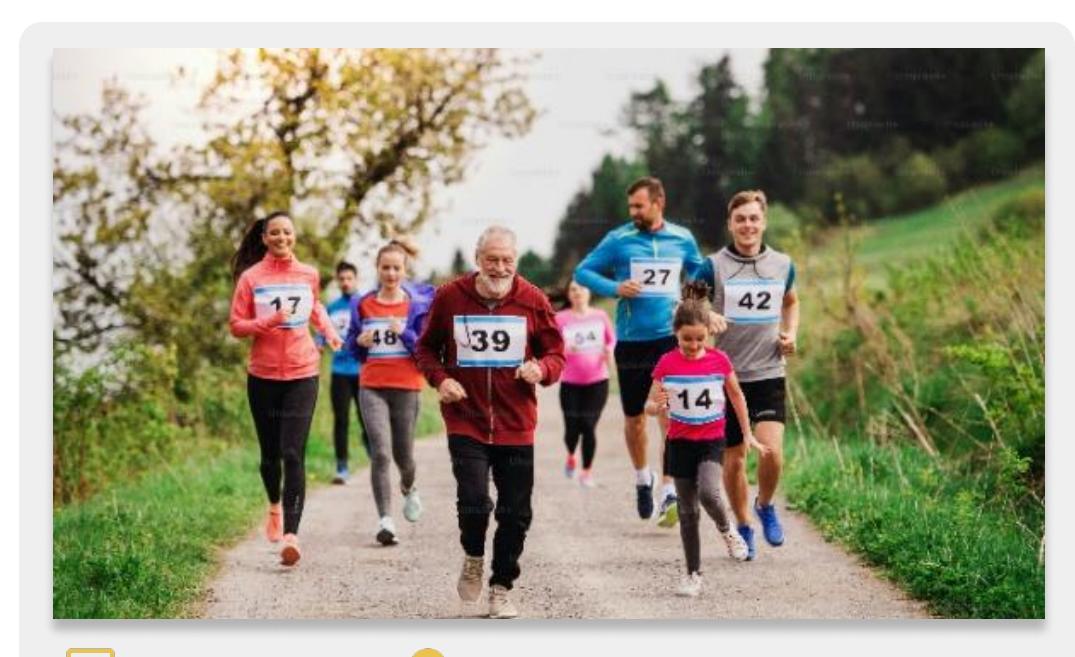
#### Kayaking

Kayaking at Barra with beautiful views

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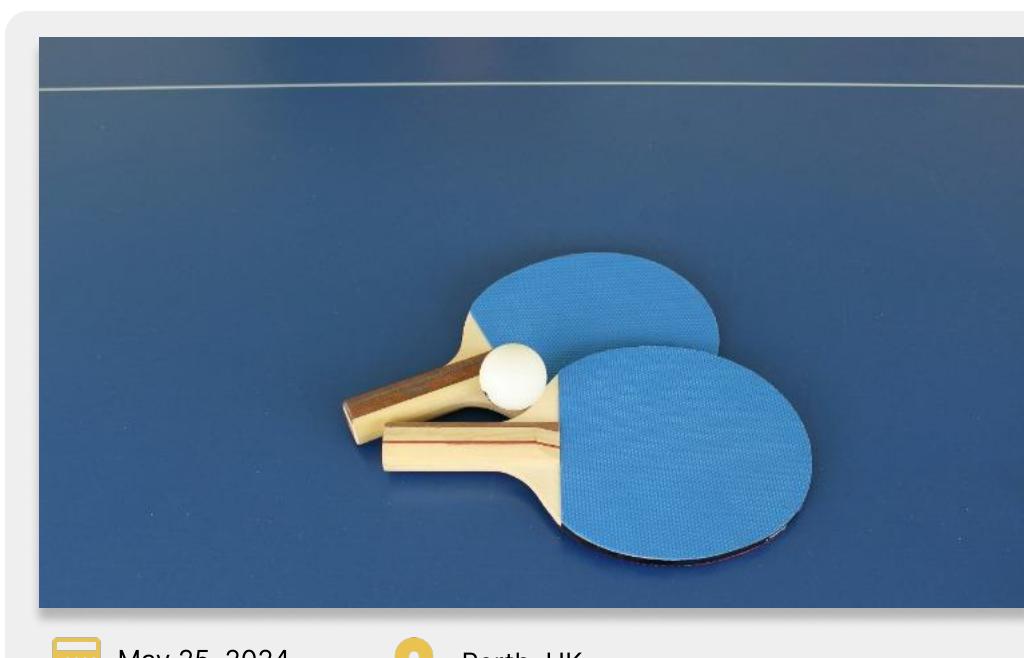
#### Hill Walking

Hill walking with other people at Newtyle

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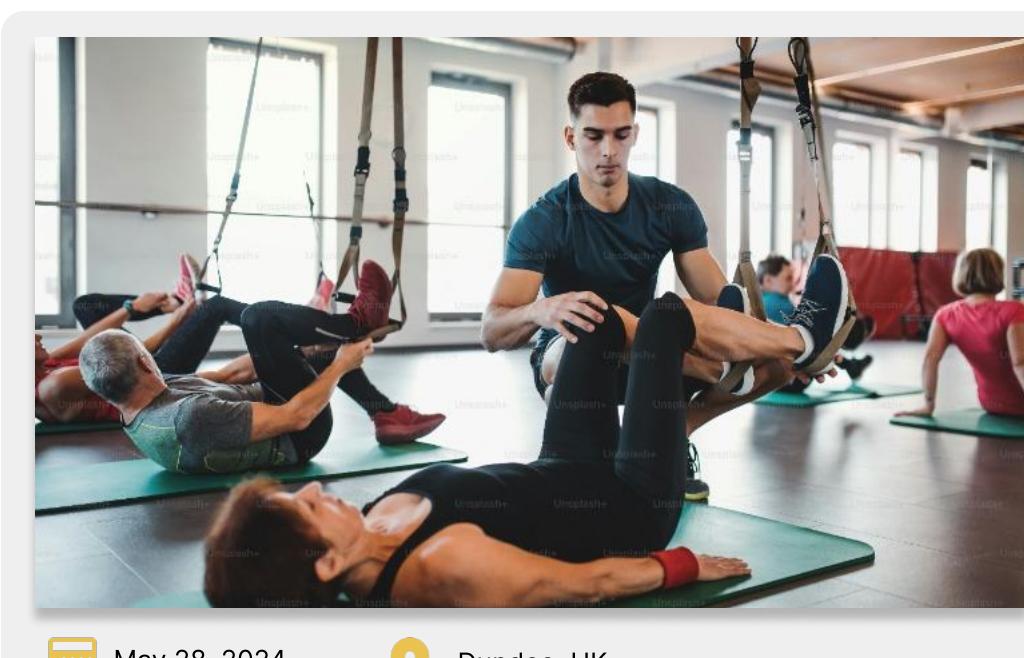
#### Marathon

Come and join us on a charity Marathon at East Haven

[Join Event](#)[More Info](#)

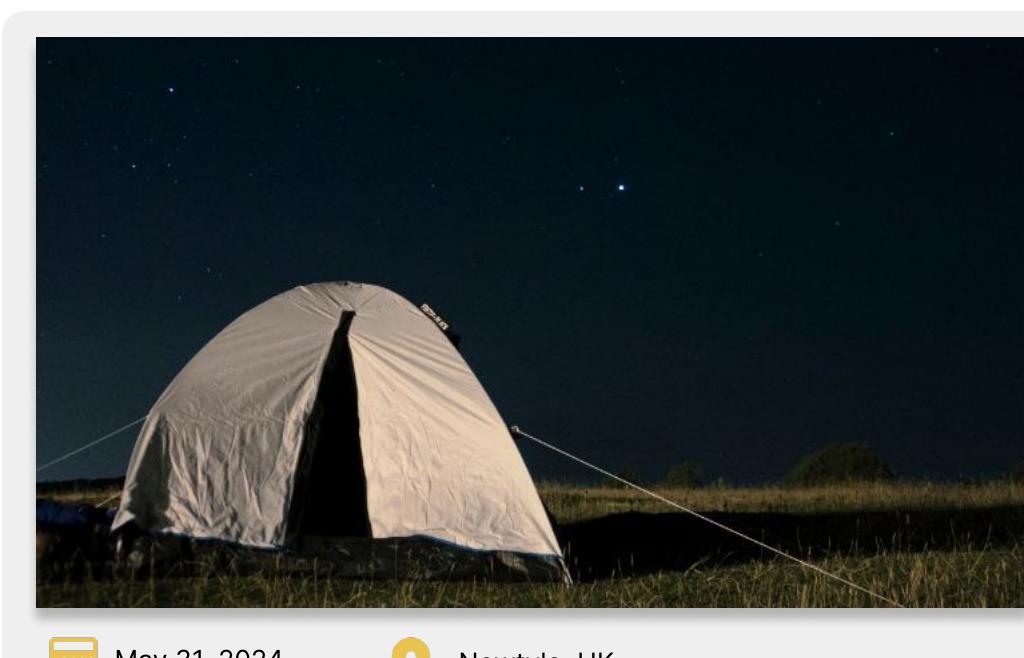
#### Table Tennis

Join us on a nice game of table tennis at Perth

[Join Event](#)[More Info](#)

#### Exercise Session

Come and join us on a exercise session at Dundee

[Join Event](#)[More Info](#)

#### Camping

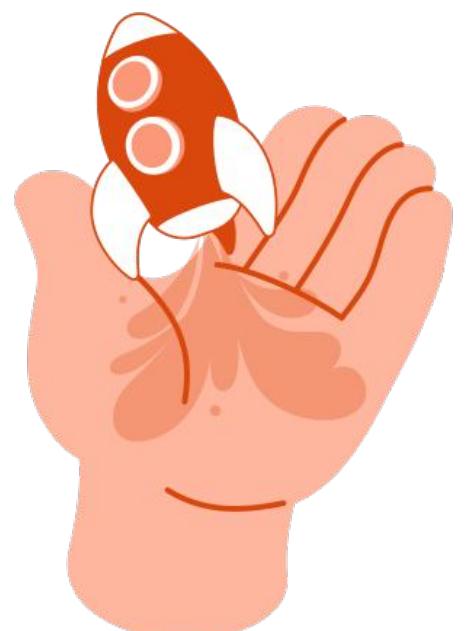
Two day camping at Newtyle amidst wilderness

[Join Event](#)[More Info](#)



## About Mindful

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

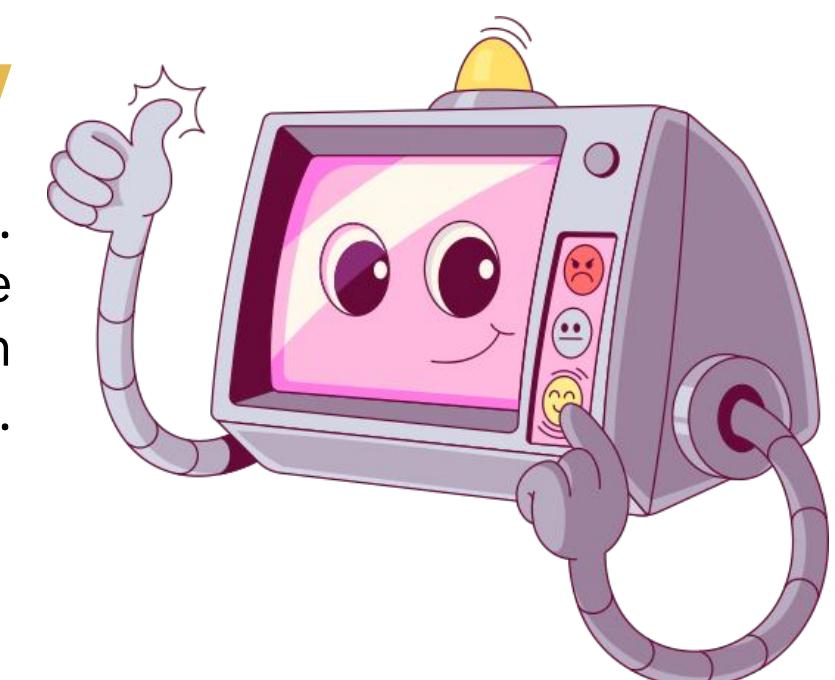


### Our Mission

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.

[Learn More](#)

### Events

Share stories, and build meaningful connections at community gatherings.

[Discover Events](#)

### App

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

[Discover Events](#)

## Our History

Mindful was founded with a simple yet profound vision: to make mindfulness accessible to all. Our journey began when a group of mindfulness enthusiasts came together, sharing a passion for mental well-being and a commitment to spreading the benefits of mindfulness practices. From our humble beginnings as a small community, we've grown into a comprehensive platform offering a wide range of resources and tools. Our evolution has been guided by our core belief that mindfulness can transform lives, fostering a more peaceful and aware society. Today, Mindful continues to evolve, driven by the feedback and support of our ever-growing community.

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!



June 20, 2024

Dundee, UK

## Wall Climbing

Join us on a nice game of table tennis at Perth

Join Event

More Info



June 22, 2024

Inverness, UK

## Cycling

Come and join us on a exercise session at Dundee

Join Event

More Info



June 24, 2024

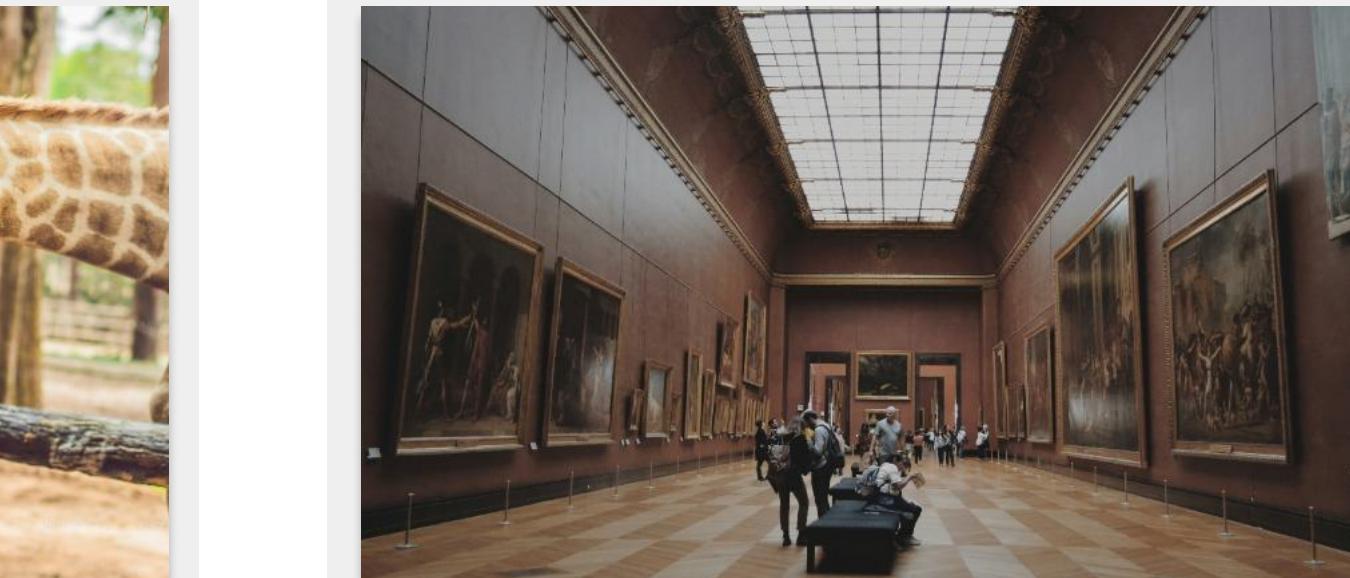
Stirling, UK

## Zoo Trip

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Join Event

More Info



June 28, 2024

Edinburgh, UK

## Museum Trip

Two day camping at Newtyle amidst wilderness

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More Info

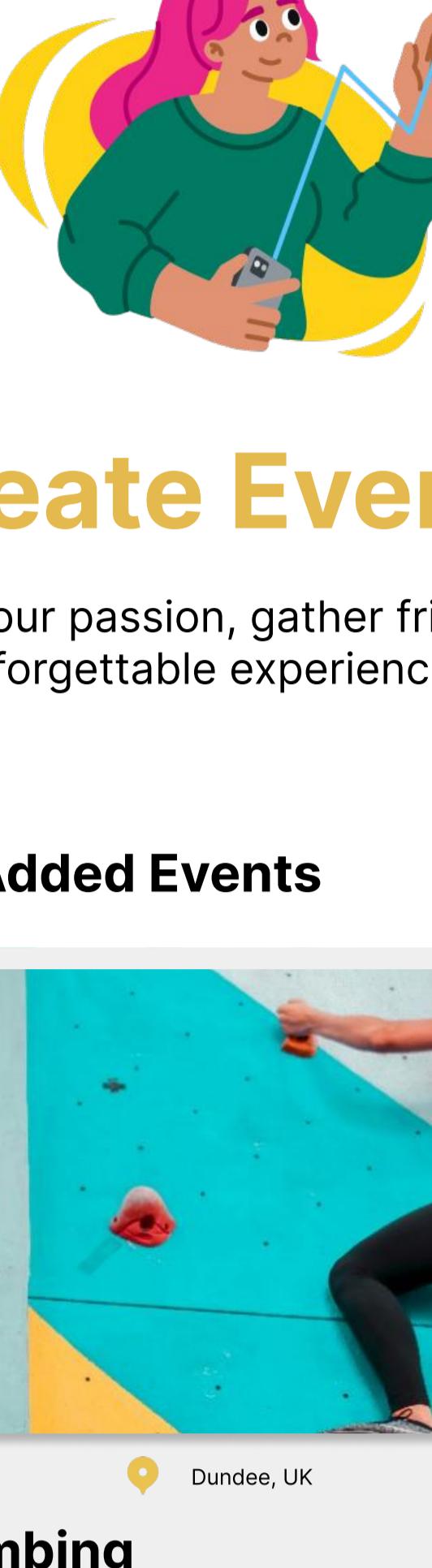


Mindful



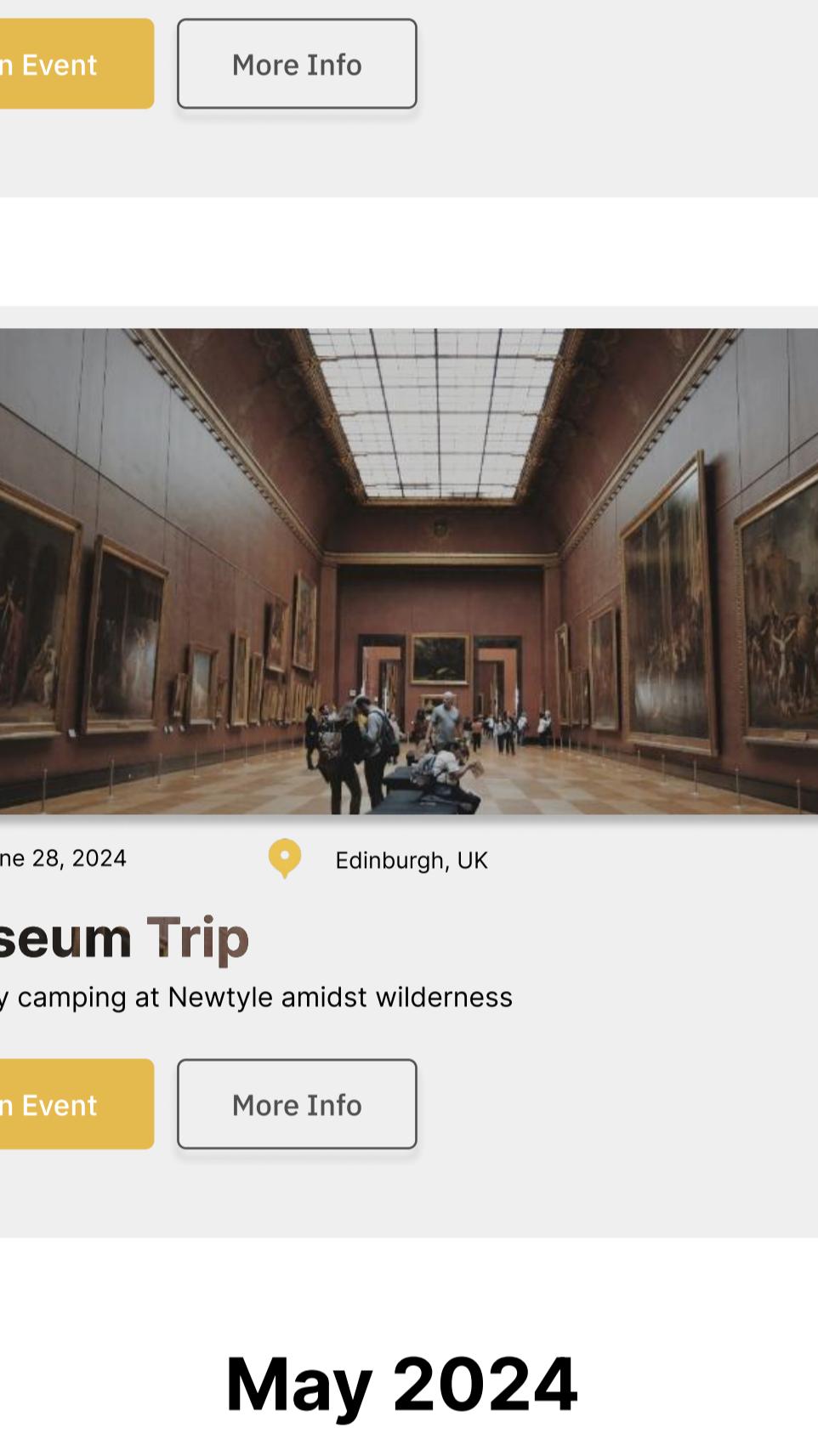
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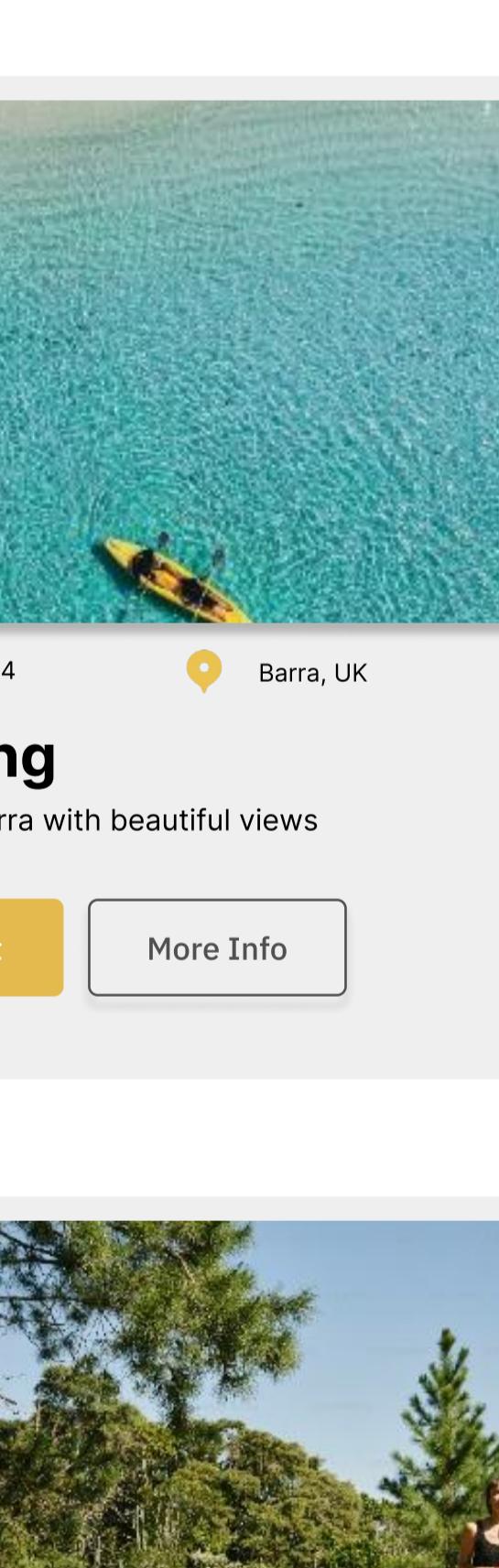
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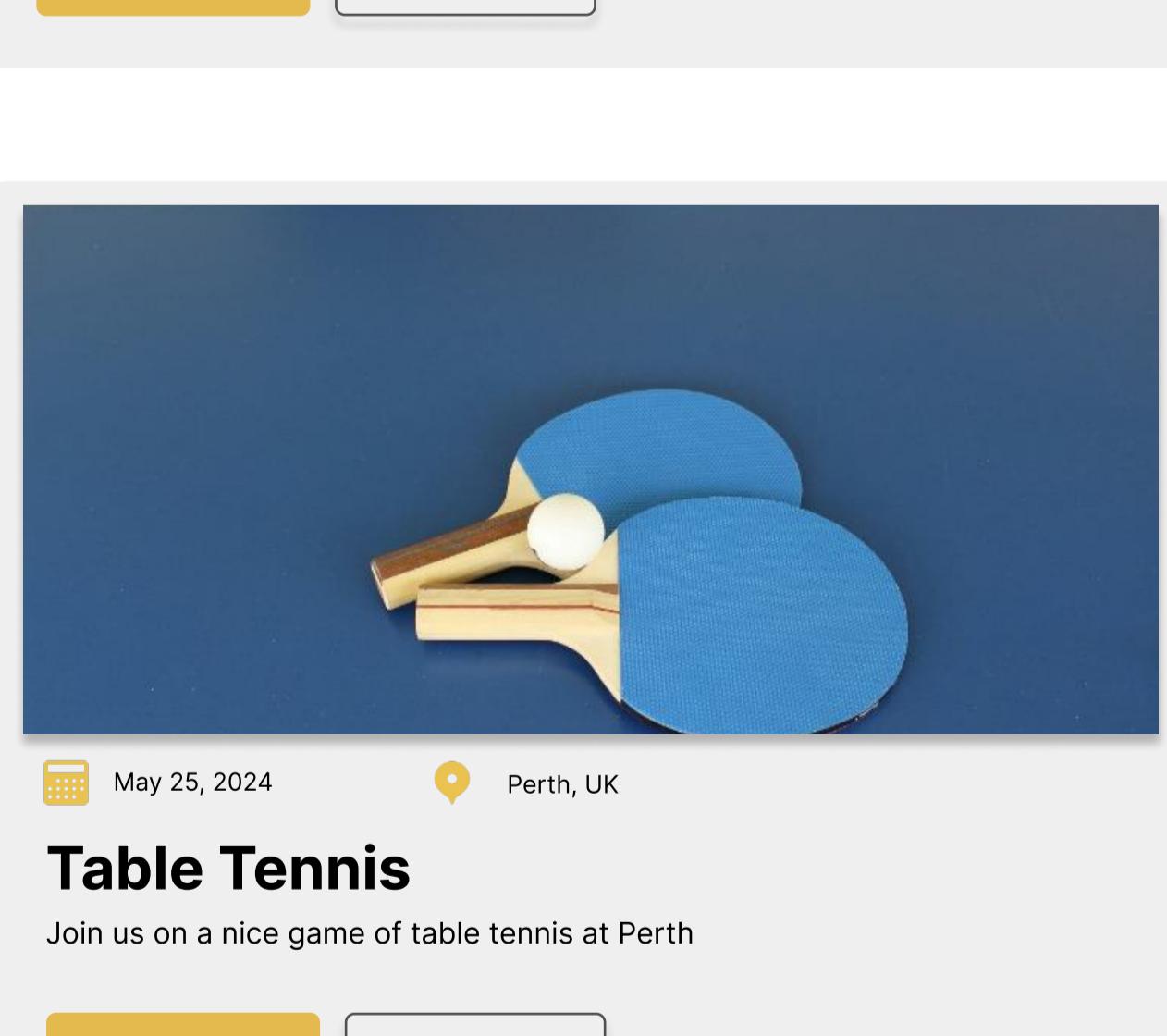
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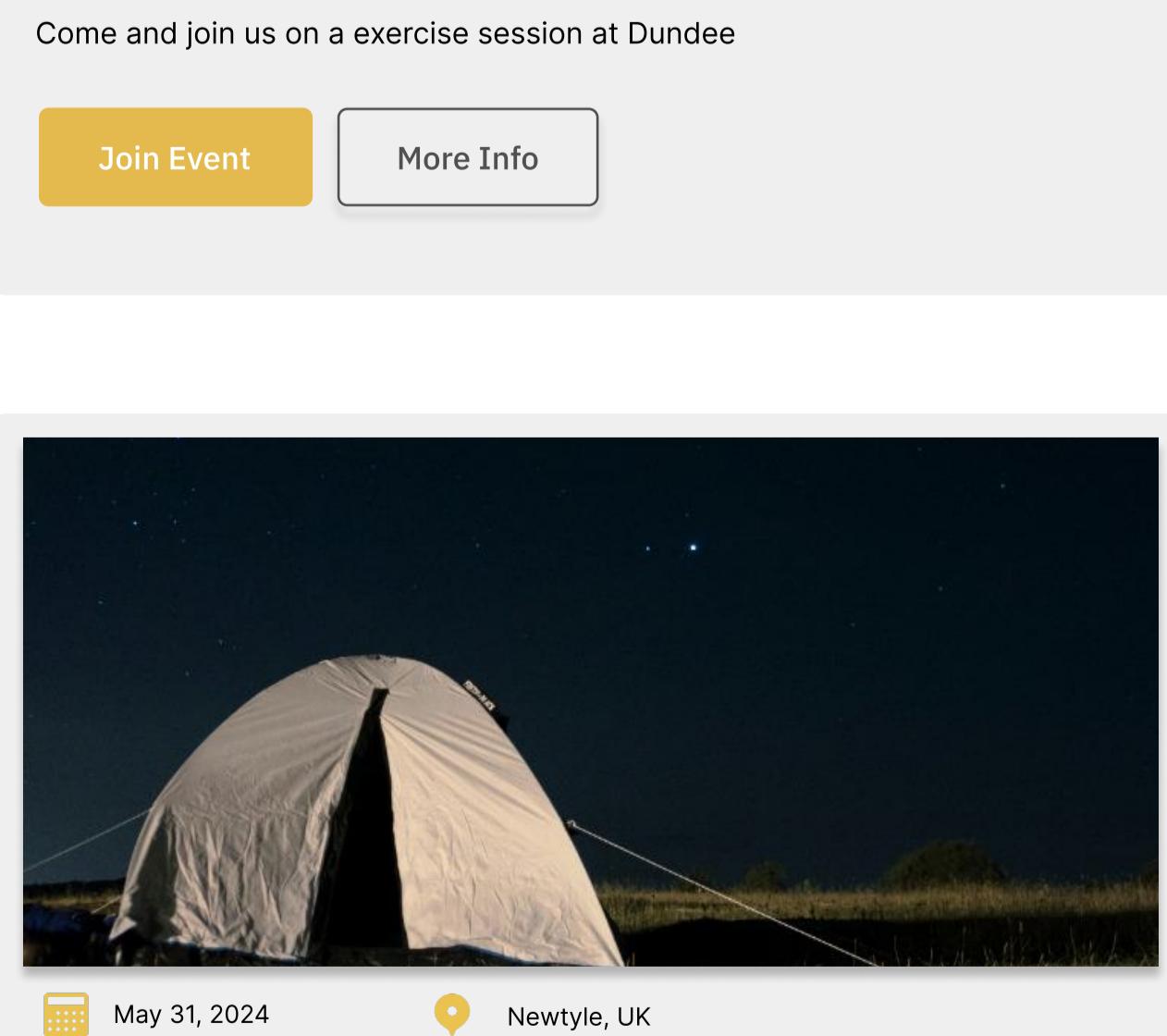
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More Info

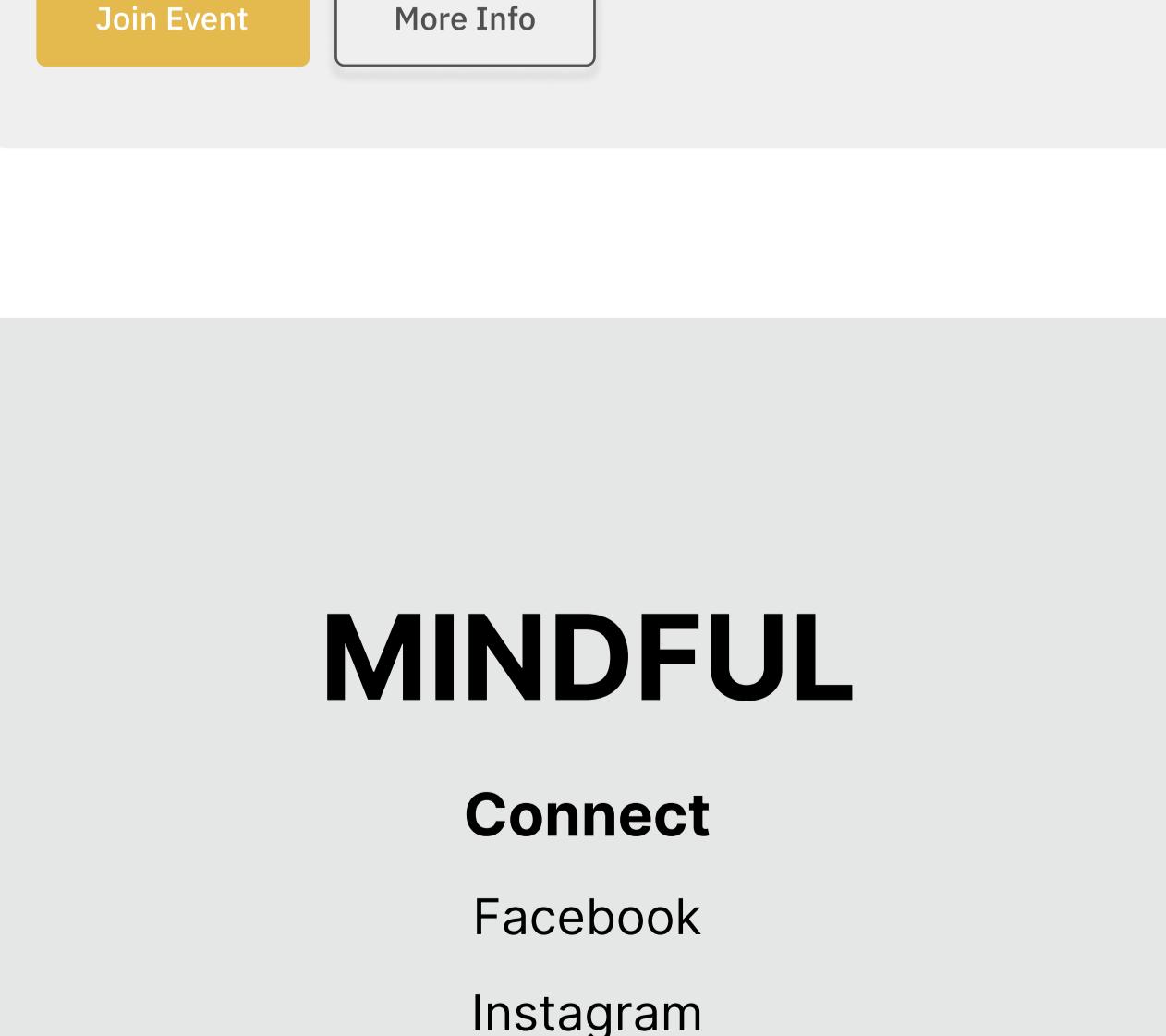


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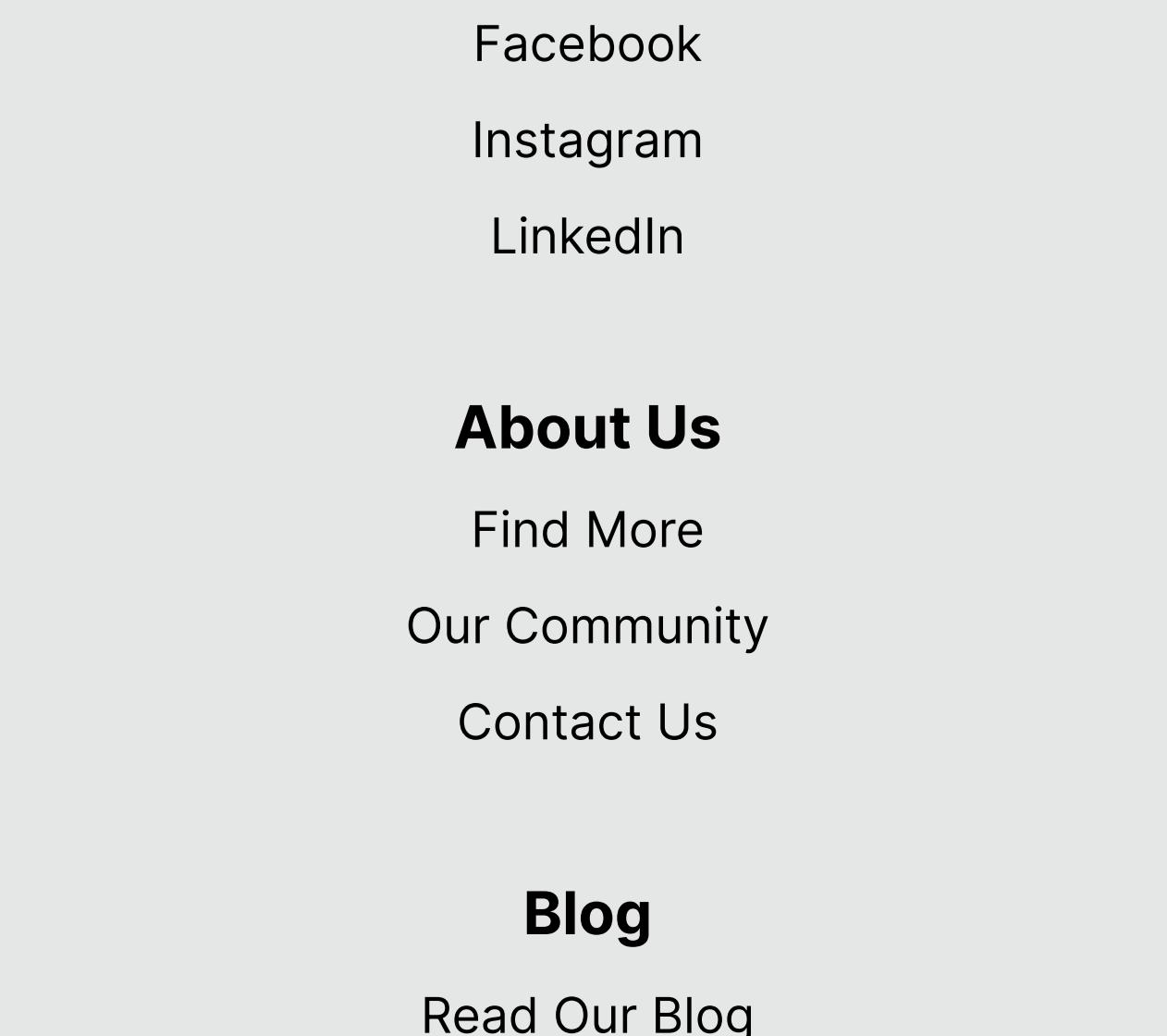


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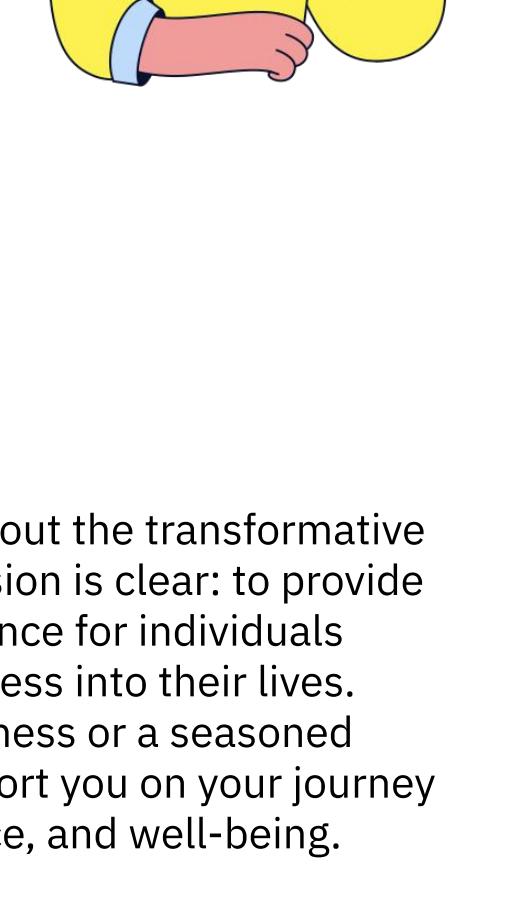


Mindful



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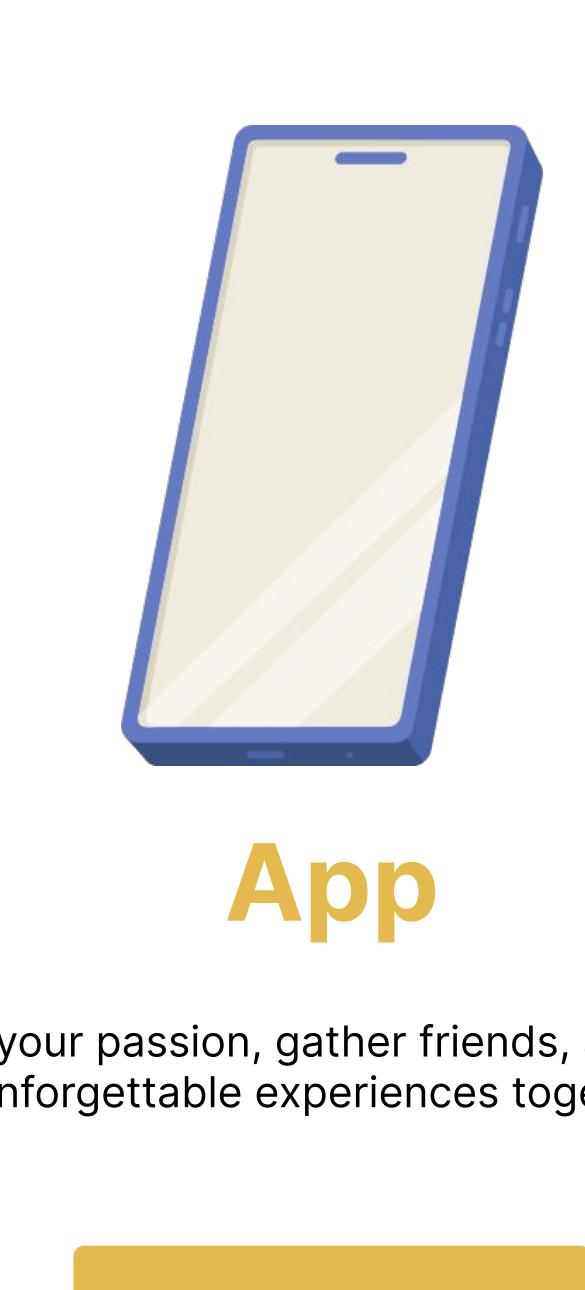
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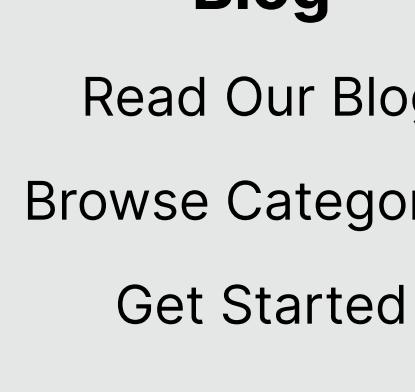
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