

Workshop Leader

Saturday



Janneke Evans



My name is Janneke Evans, I am dutch, but have lived in Glasgow for the past 11 years. My interest in mindfulness started several years ago, when I felt a strong wish to connect more to myself. I trained with the Mindfulness Association, a secular organisation who draw their inspiration from Tibetan Buddhism. Noticing the benefits of mindfulness meditation in my own life, I increasingly felt the wish to share the benefits with others. I completed the teaching training through the Mindfulness Association and I now run mindfulness classes. I am excited about sharing mindfulness practices with you in a workshop!

Mindfulness and Kindness Meditation

Longing for a bit of breathing space amongst the busyness of the day? Or wondering how mindfulness can benefit? In this workshop, I will explain what mindfulness meditation is about. I will guide you through a meditation to help you settle your mind and turn towards your inner experiences of that moment. Together we will then explore the three flows of kindness. Through guided meditation we will deepen our felt sense of kindness towards others and ourselves. These practices can really help us to feel more grounded and kinder in our everyday lives. Perhaps you would like to find out for yourself!