

The Mindful Journey is a four-week introduction to mindfulness practice. While more advanced students are welcome, the class is especially impactful for beginners who would like to deepen their understanding of mindfulness, and learn how it can immediately improve the quality of our lives.

Program Details

4 group sessions (1 session per week)
+ 1 private coaching session

Week 1: Deepening present moment awareness/ Emotions – Mind – Body connection

Week 2: Uncovering thinking patterns

Week 3: Engaging the strengths

Week 4: Personal mindfulness and meditation practice

Private Session: the focus of this session is to work with the obstacles that emerged during the mindful journey. These could be emotional or thinking patterns that are surfacing as a result of the mindfulness practice.

Between the sessions the participants engage in mindful experiments in their living and working environment.

Date and time:

6th May 9am – 12pm

13th May 10am -11.30am

20th May 10am – 11.30am

27th May 10am – 11.30am

Venue: Beijing Mindfulness Centre (No.44, Qian Yong Kang Hutong)

Price: RMB 3000

Payment plans are available, please check let us know if you need support

For people who sign up for the program, Mindful Monday and Mindful Body sessions are FREE during your Mindful Journey.

Contact us via email: hello@beijingmindfulness.com to book your spot



Program Coach

Program is lead by executive mindfulness coach **Dalida Turkovic**, founder of the Beijing Mindfulness Center. In all her work, Dalida is driven by a profound interest in what moves and motivates people. She believes in big change through small steps, whilst keeping the body and mind in balance.