



# Mindfulness Catalogue

*"Be still. Breathe deep."*

# Mindfulness Notice

As of August 2026, the Mindfulness retreat will transition from the Outdoor Pursuits (OP) programme to the Residential weekend activities programme, where it is better suited for Diploma students to make the most of this opportunity. This will be the final year for the Mindfulness retreat within the OP programme.

While our core focus remains on Outdoor Pursuits (OP), these retreats offer a unique experience that intentionally disconnects from the usual physical exertion and adventure, instead promoting mental, emotional, and holistic well-being. They serve as an important counterbalance, helping students develop mindfulness, self-care, and personal growth skills that enhance their overall well-being. The integration of active outdoor engagement with reflective, calming retreat experiences ensures a well-rounded approach to student development.

The purpose of these retreats is to create space for introspection and relaxation, fostering mental clarity and emotional health through simple, contemplative practices. These tools are intended to benefit students beyond the retreats themselves, equipping them with valuable practices for maintaining well-being in everyday life.

# Usawa Wellness

Usawa Wellness - Day Trip (subject to change based on group size and specialists available)

The Usawa Light Mindfulness Day Trip offers students an opportunity to step into nature and engage in mindfulness practices that encourage self-reflection, emotional balance, and relaxation. Set in a serene, natural environment, the day focuses on gentle, contemplative activities such as guided meditation, mindful walking, and breathing exercises. These activities are designed to help students reconnect with themselves and the present moment, fostering a sense of inner calm amidst the bustle of daily life.

There are no specific requirements to join the Usawa trip - students of all experience levels with mindfulness are welcome. The day encourages mindfulness practices that help students manage stress, enhance emotional awareness, and cultivate well-being, providing them with tools that can be applied in both their academic and personal lives.

# Amani Light

Amani Light - Day Trip (subject to change based on group size and specialists available)

The Amani Light Mindfulness Day Trip is a gentle journey into the world of mindfulness and emotional wellness. Set in a tranquil and inspiring location, this day trip provides students with a safe and reflective space to practice mindfulness through a series of guided activities, including body awareness exercises, mindful listening, and reflective journaling.

The trip is designed to promote emotional clarity, mental focus, and a deeper sense of personal well-being. Students will learn techniques that encourage relaxation, reduce stress, and build resilience. There are no requirements for the Amani trip - students of all experience levels are welcome to participate. The Amani day trip aims to help students develop a practice of self-compassion and mindful awareness that they can carry forward into their daily lives, supporting their overall health and mental clarity in both school and personal settings.