

17 Group Mindfulness Activities

1



Group meditation outside

2



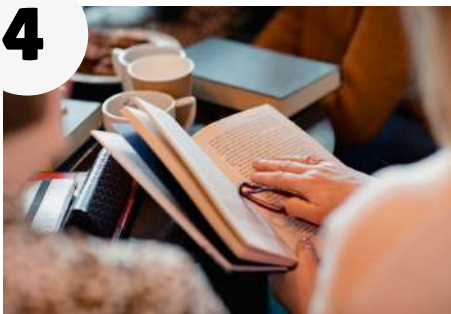
Invite everyone to yawn and stretch

3



Orchestrate a group hug

4



Start a mindfulness book club

5



Do a group movement meditation session

6



Run a mindful cooking class

7



Design a group manifestation session

8



Create a group meditation retreat

9



Listen to music together

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17 Group Mindfulness Activities

10



Invite your group to be playful

11



Try negative visualization together

12



Add mindfulness to your group's social feeds

13



Bring a dog to play with your group

14



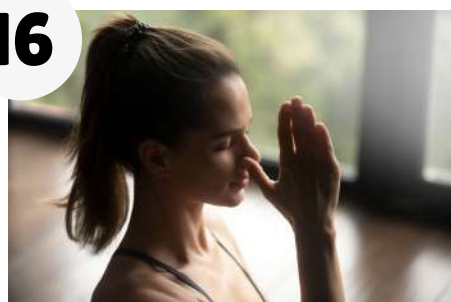
Practice mindful eating together

15



Practice box breathing

16



Learn alternate nostril breathing

17



Go barefoot and explore together

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