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
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