

Take Ten Minutes - Guided meditation at Armstrong Park

Take Ten Minutes, a new free-to-use guided meditation service is being trialled in some of Urban Green Newcastle's parks, to encourage people to engage in guided walking meditations to help improve their mental wellbeing.

Park users can access a series of different guided meditations by simply holding the camera on their phone up to the QR codes on the totems placed in the parks. They can then choose the meditation which best fits their walk. Some models of phone require the user to download a QR reader app first. The guides will help users focus on the present, observing the sights and sounds they encounter in the park with increased awareness of their thoughts, physical movement and breathing.

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Organiser: Urban Green

Useful Organisations

Urban Green Newcastle

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