



Meditation Client Handbook

7–10 Day Training Programme for Beginners and Practitioners

Somatic Embodiment Mindfulness Yoga Meditation Ascot & Surrounding Areas

Welcome

Welcome to your meditation journey with Uyen Vu Body Mind Self Awareness Practice. This handbook is designed to support your learning and help you build a consistent, effective meditation practice.

Through this programme, you will develop greater clarity, calmness, and overall wellbeing.

Your Commitment to Practice

Approach this programme with the same mindset as studying at a university:

- Be consistent and committed
- Set aside dedicated time each day
- Organise your schedule to prioritise your practice

With regular practice over 7–10 days, you may begin to notice positive changes in your mind, relationships, and daily life.

Understanding the Mind

The human mind is naturally active and often restless. It is constantly engaged in six main activities:

- Seeing
- Hearing
- Smelling

- Tasting
- Sensing (body sensations)
- Thinking (including thoughts, images, emotions, and feelings)

When these activities are constantly active, they can cover your natural state of inner peace and clarity—like a hand covering your eyes.

Meditation helps remove this covering, allowing you to reconnect with your natural stillness and awareness.

What Is Meditation?

Meditation is a spiritual practice that helps you access a state of inner silence.

This inner stillness is:

- Calm, peaceful and clear
- Stable and undisturbed
- Naturally peaceful and content

With regular practice, this state becomes more familiar and accessible in everyday life.

Practice Guidelines

To gain the full benefit of this programme:

- Focus only on this method during your course
- Avoid combining this programme with other meditation or spiritual practices during the course. Once you have completed the programme, you are free to return to any practices of your choice.
- Be patient and consistent
- Good eating, good resting, exercises (twice a day), unnegotiable sunbathe/outdoor (10 minutes x 2 per day).

Daily Guided Meditation Practice

Listening

- Choose a quiet, undisturbed space.
- Listen to the 12 guided audios ("The Secrets of Happiness and Success").
- Each audio is approximately 15 minutes.

- Sit, lie down, or stand comfortably and remain still.
- Avoid distractions such as phones, music, or background noise.

Writing

- Write each audio word for word (by hand or on your phone).
- Then write a short summary of each session.

This process helps deepen your focus and understanding.

Please send your writing and summary daily for guidance and support.

Silent Sitting Meditation

- Practise twice daily.
- Each session: 20–45 minutes.
- Sit quietly without guided audio.
- You may read your summary beforehand to prepare your mind.

Consistency is more important than duration.

Support and Communication

- Inform your family or household to minimise interruptions.
- Share a short daily reflection via text or email.
- Ask questions whenever you need support.

This helps guide your progress and deepen your practice.

Final Notes

This programme is designed to help you build a strong and steady meditation practice. With commitment and consistency, you can experience greater clarity, balance, and wellbeing.

Take your time, stay patient, and trust the process.

Thank you for your commitment. I look forward to supporting you on your journey.

All the very best,

Uyên Vũ

Uyên Vũ Body Mind Self Awareness Practice
Somatic Embodiment Mindfulness Yoga & Meditation

Disclaimer

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You are strongly advised to consult your GP or another suitably qualified healthcare professional before participating, particularly if you have, or suspect you may have, any medical or mental health condition, injury, or other health concern.

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- You participate voluntarily and at your own risk
- You are responsible for monitoring your own physical and mental condition during all activities
- You will stop immediately and seek appropriate medical advice if you experience pain, discomfort, or distress

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