



MINDFULNESS  
MOMENTS  
*POTTERY PAINTING*  
*FOR PRESCENCE*  
*AND WELLBEING*

Feb 13<sup>th</sup>, 2026



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## RECONNECT, RESTORE, AND REBALANCE: HEART COHERENCE MINDFULNESS IN A DIGITAL WORLD

Hi, I'm **Hiral Mistry, RN, BScN, MEd**, and founder of Mistry Healthcare. We help maintain quality of life by advancing holistic health, promoting soulful healing, and empowering communities.

I guide individuals toward balance, well-being, and lasting harmony.

*Peace & Love*  
*Hiral Mistry*

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# MINDFULNESS IN THE AGE OF TECHNOLOGY

## Perils of Technology:

In our digitally connected world, it is increasingly easy to lose touch with presence. As a society, we have become deeply attached to our devices, which often provide short-term dopamine-driven relief rather than lasting well-being.

## Our Mission:

This workshop invites participants to pause, breathe, and reconnect physically, mentally, and emotionally. Through gentle mindfulness practices such as breathwork and **mindful pottery painting**, participants cultivate present-moment awareness while reflecting on how technology can support focus, balance, and well-being in diverse administrative work settings.

## Why It Matters:

Life in a digital landscape shapes mental, emotional, and energetic health. By learning to pause, notice, and respond rather than react, participants can nurture balance, resilience, and heart-centered presence.



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# MINDFUL POTTERY PAINTING

## Purpose

Mindful pottery painting invites participants to slow down, engage the senses, and cultivate present-moment awareness through a simple, creative activity.

## What This Practice Supports

- Stress reduction and emotional regulation
- Focus and gentle attention restoration
- Creativity without performance or pressure
- A pause from screen-based work and cognitive overload

## How It Works

- Begin with a brief grounding breath
- Paint slowly, noticing colour, texture, and movement
- Let go of “perfect” outcomes—focus on the process
- Observe thoughts without judgment, returning attention to the brush

## Reflection Prompt (Optional)

- *How does slowing down change the way I notice my thoughts or body?*
- *What might intentional pauses look like in my workday with technology?*

**Key Message:** This is not about artistic skill—it’s about **presence, self-care, and gentle restoration.**

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# LEARNING INTENTIONS

*By the end of this workshop, participants are invited to:*

- Reflect on how life in a digitally connected world shapes mental, emotional, and energetic well-being.
- Explore the roots and essence of mindfulness as a practice of presence, awareness, and compassion.
- Contemplate research-informed insights on how mindfulness supports balance, resilience, and whole-person health.
- Discern how technology can be used with intention to nurture mindful awareness, while honouring personal boundaries.
- Experience and embody simple mindfulness practices such as breath, gentle movement, and everyday awareness and consider how they may be woven into daily life and professional practice.



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# LOVE YOUR HEART, LOVE YOUR MIND, LOVE YOUR TECH

## Approach:

The workshop is delivered in a compassionate, non-judgmental environment that is interactive and activity based. It integrates reflective dialogue, experiential practices (breath, movement, awareness), and shared inquiry. Participants are encouraged to engage at their own pace and consider how mindfulness may support their unique roles, values, and contexts.

## Soul Flow

**It isn't just about mindfulness, it's about cultivating compassion for yourself and others while navigating the digital world with awareness and care.**



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# REFLECTING ON THE DIGITAL WORLD & WELL-BEING

**Learning Intention 1: Reflect on how life in a digitally connected world shapes mental, emotional, and energetic well-being**

- Digital distractors
- Technostress
- Implications for living, health, and well-being

**Practice: Digital Pause & Body Awareness**

Participants are guided to pause, gently set aside digital devices, and bring attention to the body. Through a short body scan and inquiry, participants notice sensations of tension or ease, reflecting on how digital engagement shows up in their *endocannabinoid system* and daily rhythms.



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# EXPLORING THE ESSENCE OF MINDFULNESS

**Learning Intention 2: Explore the roots and essence of mindfulness as a practice of presence, awareness, and compassion**

- History of mindfulness
- Debunking mindfulness myths
- The attitudes of mindfulness

**Practice: Attitudes of Mindfulness Reflection**

Participants engage in a brief seated practice focused on the breath, followed by reflection on core attitudes of mindfulness, such as non-judgment, patience, beginner's mind, trust, and compassion.

Participants are invited to notice which attitudes feel most present or most needed in this moment.

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# CONTEMPLATING RESEARCH & WHOLE-PERSON HEALTH

**Learning Intention 3: Contemplate research-informed insights on how mindfulness supports balance, resilience, and whole-person health**

- Neuroscience of mindfulness
- Benefits of mindfulness (multidisciplinary perspectives)
- Exploring and sharing mindfulness research related to participants' disciplines

**Practice: Mindful Inquiry & Sense-Making**

After reviewing a short research insight or neuroscience concept, participants enter a guided reflective practice, noticing thoughts, emotions, and bodily responses. Journaling or quiet contemplation supports integrating intellectual understanding with lived experience.



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## **DISCERNMENT IN MINDFULNESS & TECHNOLOGY**

**Learning Intention 4: Discern how technology can be used with intention to nurture mindful awareness, while honouring personal boundaries**

- Exploring mindful apps and technologies
- Research supporting technology-based mindfulness practices
- Use, effects, and limitations of digital mindfulness tools

**Practice: Intention-Setting with Technology**

Participants reflect on one digital tool they use regularly. Through guided questions and breath awareness, they explore intention, boundaries, and alignment, considering how technology can support presence rather than distraction.



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# EMBODYING MINDFULNESS IN DAILY LIFE & PRACTICE

**Learning Intention 5: Experience and embody mindfulness practices, and consider how they may be woven into daily life and professional practice**

- Implications for practice
- How to assess mindfulness in personal and professional contexts
- Personal growth and learning
- Maintaining a practice
- Additional mindfulness resources and community groups
- The future of mindfulness research in education

## **Practice: Integration & Closing Ritual**

Participants engage in gentle mindful movement or walking, followed by a closing reflection. Each participant identifies one small, sustainable practice they feel called to carry forward, honouring mindfulness as a living, evolving practice rather than a task to complete

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# DID YOU KNOW?

**Practicing mindfulness and heart coherence together can:**

- Reduce stress hormones
- Improve emotional regulation
- Increase presence and empathy
- Enhance clarity in decision-making
- Support overall cardiovascular and mental well-being

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# REFERENCES

Celebrate self-awareness, compassion, and heart coherence this **Valentine's Day**.

Slow down, tune in, and cultivate a balanced heart-mind connection.

[Please click here](#)

