

INTRODUCING MINDFULNESS COURSE

A practical introduction to mindfulness
to support calm, clarity and wellbeing.

This 3-session course offers a supportive space
to learn and practise mindfulness together.
You'll explore simple practices that can help you
manage stress, train your attention and relate
differently to life's challenges.

 **Dates:** September 9, 16 and 30

 **Time:** 2:00 pm

 **Location:** Ruth Winston
Community Centre

 **Cost:** £35 for the full
3-session course

WHAT THE COURSE INCLUDES

-  3 sessions (75 minutes each)
-  A practical introduction to mindfulness
in everyday life
-  Group exercises and discussion
-  Recordings to use for home practice

Reserve your place

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