

EVERYDAY MINDFULNESS

Workshops to bring more calm, focus, clarity & joy into your life.



Join us on Saturday 29th February and Saturday 28th March 2020
and thereafter the last Saturday of the month
9am - 10.30am at Brocks Hill Country Park, Oadby, Leicester,
LE2 5JJ

Life consists of one moment after another. How many of those moments have you missed through lack of attention. Given the opportunity, the mind will quite happily imagine and create all sorts of future scenarios that may, or may not, happen or dwell in the past, dredging up and going over events that have long gone. This is how the mind functions and we miss the present moment. Practicing Mindfulness trains the mind to be awake and present in each of those precious, life affirming moments. It will encourage your mind activity and your nervous system to settle, creating calm. Join us to learn simple techniques that you can incorporate into your daily life and experience the many benefits for yourself.

£10 per session, including herbal tea, fruit and biscuits

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