

# MINDFULNESS - Get Started A morning workshop in Cheltenham, Sunday 6th Decem



Location **South West, Gloucestershire**  
<https://www.freeadsz.co.uk/x-201066-z>



Mindfulness is a simple but effective doorway to a life with less stress, more clarity, more creative choices. Come along and discover this powerful life-skill, learn a range of Mindfulness exercises and take your first steps into a Mindful life. The workshop will be led by TerryPilchick and Marianne Brady. They've been teaching mindfulness and meditation since 1990 and have run more than 60 Mindfulness (MBCT/MBSR) courses in the Gloucestershire region. Cost £30 (£20 concessions). - includes CD and worksheets. For more info, [www.mindfulness-west.com](http://www.mindfulness-west.com) 01453



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