

# 8 Month Mindfulness Course (Caerphilly, South Wales)



Location **Wales, Gwent**  
<https://www.freeadsz.co.uk/x-288837-z>

Wake up!  
 Live more...  
 Leave our heads  
 And our worries.  
 Push fear to one side...

Stop! Breathe... NEW 8 Month Mindfulness Course starting Tuesday, 19th April, 2016 (6.15 pm - 8.15 pm) Held over 32 weeks. No sessions throughout August. No sessions over Christmas. 2 Retreat days: Sun 24 July, 2016 and Sun 15 January 2017. Course cost: £370 Venue: Samye Foundation Wales / Mindfulness & Wellbeing Centre, 2a-4a Cardiff Rd, Caerphilly Contact: [email protected] or 029 20

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