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: or 029 20



Course



$C \infty$	
3 Mor aerpl	
rp on	
<u>≓</u>	
₹ 📜	
≨	
co Dd	
dfuln Sout	
두 글	
5 Q	



Month Mindfulness aerphilly, South



os://www.fre	Month M aerphilly,
os://www.freeadsz.co.uk/x-2888	Month Mindfulness Course erphilly, South Wales)
k/x-2888	Course Wales)









Wales)





tps://www	3 Month I 3aerphilly,
tps://www.freeadsz.co.u	Month Mindfulness aerphilly, South

	_
	60
1	37
	37-z
)	
	ı

nttps://www.freeadsz.co.uk/x-2888	8 Month Mindfulness Course Caerphilly, South Wales)
eadsz.co.ul	indfulness South
√x-2888	Course Wales)



https://www.fr	8 Month M (Caerphilly,

(Caerphill)	8 Month	2-10
	Mino	

Course

