

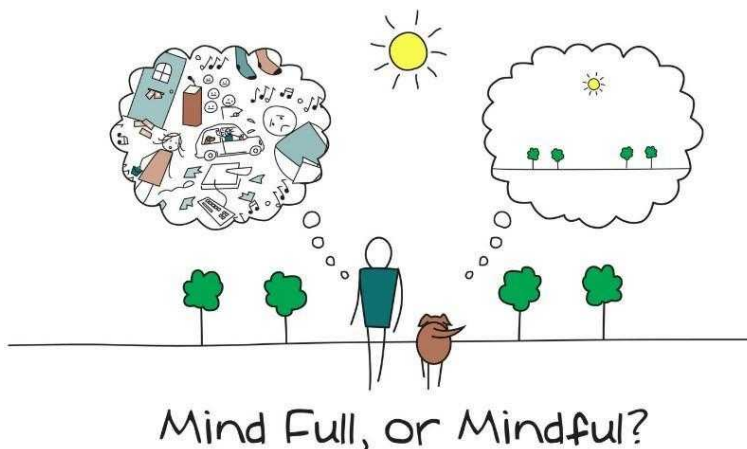
Mindfulness Workshop A Mindful Focus on Stress (10 GBP)



Location

South West, Hampshire

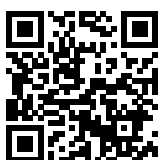
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The day travels through an understanding of what mindfulness is and how it is beneficial to us to practical exercises including meditation. You will leave at the end of the day with tools to help in managing challenging and stressful situations supported by a manual and some audio material to continue working with at home.

This can be seen as a stand alone workshop or as an introduction to the 6 week workshop being held in March and June (2 hrs 15mins once per week). The cost for this workshop is £50. It starts at 10:00 until 4:00 at the The Springs Arts Centre, 56, East Street, Havant. This includes a workbook, access to meditations on mp3 files (or CD's on request) and ongoing support via email.

www.mindfullifechanges.com for more information. ;



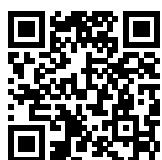
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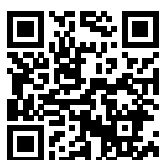
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