

# Introduction to Mindfulness (in Abingdon and Faringdon) (01 GBP)



Location

**South East, Oxfordshire**

<https://www.freeadsz.co.uk/x-509384-z>



Cost for this introductory session £8.50 (usually £10) Session repeated from 2.30 - 4.30 pm pm at The Old Town Hall, Market Place, Faringdon SN7 7HL Mindfulness is a gentle way of slowing the pace so that you can stop and notice what's going on around you. It can help you get out of your head and into your life by bringing calm to anxious thoughts and emotions. Mindfulness helps you respond better to difficult situations resulting in a return of pleasure and happiness in your relationships. For more information about these or future sessions. Future sessions include for more information or to book a place contact click to contact: Mindfulness for self-esteem – Saturday 29th April 2017 Mindfulness for confidence - Saturday 6th May



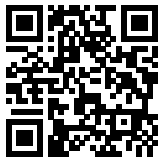
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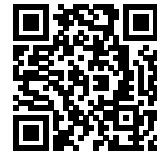
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