

# Mindfulness Retreat Day (10 GBP)



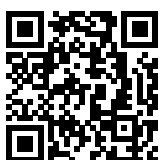
Location

**South East, Oxfordshire**

<https://www.freeadsz.co.uk/x-516584-z>



Spring into Summer retreat 10 June 2017 10.00 am – 4.00 pm The Spring into Summer retreat day is a stress buster day to help you to enjoy summer mindfully. For more information about this retreat and Summer, Autumn and Winter events or the two hour sessions planned for this year, please contact Helen on click to contact We spend a lot of our life “doing” things and reacting. While we are pursuing our “if only” minds we are not in the present and not able to connect with what is happening around us. We can close in on ourselves and life can become quite restrictive. In mindfulness we aim to bring our awareness into the present. Mindfulness can help us just “be” and can have a profound effect on our health and wellbeing. This key objective is that it is day a day “about you and for you”. We will be focusing on: Mindfulness in daily life, Using our senses and enjoying the seasons, Getting back in touch with what brings us happiness. It would be great to meet you if this will help you in your daily life. kind regards



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