

# MINDFULNESS Get Started A comprehensive introduction. Sunday 14th January in Stroud



Location **South West, Gloucestershire**  
<https://www.freeadsz.co.uk/x-564722-z>



Mindfulness is an essential life-skill anyone can learn

It's a way of using our minds better and so being more awake, more alive. It helps us to engage with what is actually happening, rather than reacting to what we imagine is happening - or fear might happen in the future. With practice Mindfulness frees us from the internal commentaries and judgements, the 'what ifs', 'if onlys' that cloud and limit our lives. When we're Mindful we can approach life with fresh eyes and an open heart.

On Sunday 14th January we'll be introducing a range of Mindfulness practices at an afternoon workshop (10.00 - 1.00) at St Lukes Therapy Centre, 53 Cainscross Road, Stroud GL5 4EX

This will be a practical session to get you started on a Mindful life right then and there. The fee of £40.00 (£25 concessions) includes a practice CD to take home.

To book, or find more information about this and our other activities:

[www.mindfulness-west.com](http://www.mindfulness-west.com) (01453 883560 (01453 8835...(click to reveal full phone) )



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