

# MINDFULNESS in Gloucestershire - New courses starting soon



Location **South West, Gloucestershire**  
<https://www.freeadsz.co.uk/x-567401-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.

We are starting two courses, an eight session course on Tuesday evenings (starting February 27th), and a four-session (alternate) Sunday morning course in Cheltenham,(starting on the 25th February)

Marianne Brady and Terry Pilchick at Mindfulness-West have been teaching Mindfulness in the Gloucestershire area and London for the past 12 years.

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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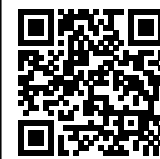
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