

[Introduction to Mindfulness course](#)

A really useful online course on introduction to mindfulness is taking place this Thursday – 15th April.

To book a place, please contact Laura on sacredspacemindfulness@outlook.com – many thanks :

INTRODUCTION TO MINDFULNESS Session Thursday 15th April 6pm

Looking for ways to deal with stress?
Want to feel better able to deal with life's challenges?
Interested in mindfulness but not sure if it's for you?

Join this online session to learn more about how mindfulness can improve your wellbeing , have a go at the practice and sign up for a FREE 8 week mindfulness course



MBLC Approved
Teacher 2020-21
mindfulnessassociation.net

To book your spot or for more info
contact Laura at
sacredspacemindfulness@outlook.com