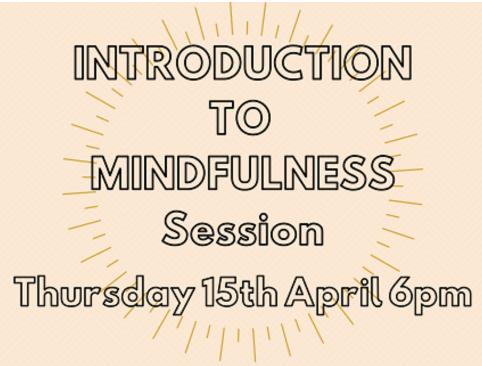
## Introduction to Mindfulness course

A really useful online course on introduction to mindfulness is taking place this Thursday  $-\ 15\text{th}$  April.

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



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



To book your spot or for more info contact Laura at

sacredspacemindfulness@outlook.com