

REGULAR EVENTS

Mindfulness Classes and Practice Groups

Many of us would like to slow down and be less affected by the buffetings of daily life, we may try to be calmer and more relaxed but find that it is not easy. Mindfulness can help, it is very simple and yet very profound. It is a natural state of mind, focused and aware, deeply tuned into ourselves, our environment and those around us. As such, it involves being neither in the future nor in the past. It frees us from the constant struggle to either change the way things are that we don't like, or to try to hold on to those things that we do like. It can literally bring us to our senses and allow us to live more fully, day by day.

If you have some experience of meditation there are drop-in monthly practice groups, on Tuesdays, one daytime and one evening, to allow people to maintain their practice in a group setting. They last an hour, consisting of a couple of meditations with discussion between and the cost is £6.

Daytime (2pm - 3pm) 3rd July, 4th September, 2nd October, 6th November, 4th December

Evening (7.30pm - 8.30pm) 26th June, 17th July, 18th September, 16th October, 20th November, 18th December

We are always pleased to see new group members. If you have questions and wish to contact me first please do:

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8 week courses run regularly throughout the year — contact Sarah for further information

