

REGULAR EVENTS

Mindfulness 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) 8th January, 5th March, 9th April, 7th May, 4th June

Evening (7.30pm - 8.30pm) 15th January, 19th February, 19th March, 16th April

Evening (7pm—8pm) 21st May, 18th June

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

sarah@growingawareness.net

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If you wish to learn about and start to experience the impact of mindfulness on your life, please contact me to discover the various options available

