

Deeper Mindfulness

Rediscover Calm in a Chaotic World



8-WEEK COURSE IN STOKE GABRIEL

Based on the eight-week programme from Deeper Mindfulness by Mark Williams and Danny Penman

Discover an often-overlooked dimension of mindfulness known as 'feeling tone' – the moment-by-moment felt sense that shapes how we experience life.

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This eight-week course offers a grounded way to deepen stability, insight and kindness, and to discover more space, freedom and choice.

FEELING TONE

The moment-by-moment felt sense of our experience



PLEASANT



UNPLEASANT



NEITHER



8-WEEK COURSE
ON SATURDAY MORNINGS

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Saturdays
12 Sept to 14 Nov
No class on
10 Oct or 7 Nov



10 AM TO 12 NOON

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at Stoke Gabriel
Scout Hut



STANDARD COST:

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£180

TO BOOK OR ENQUIRE



Roly: 07936 434565



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www.mindfulnesswithroly.co.uk

Finding steadiness. ✨ Discovering space. ✨ Living with greater choice.