

Mindfulness

Rediscover Calm in a Chaotic World



8-WEEK COURSE IN STOKE GABRIEL

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



SATURDAYS

12 SEPT TO
14 NOV

No class on
10 Oct or 7 Nov



10 AM
TO 12 NOON

at Stoke Gabriel
Scout Hut



**BEGINNERS
WELCOME**

A great refresher for
those returning to
mindfulness.



SCAN TO FIND OUT
MORE AND BOOK



TO BOOK OR ENQUIRE



07936 434565



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FINDING STEADINESS

• LIVING WITH GREATER CHOICE

• DISCOVERING SPACE

