

# Mindfulness

## *'Finding Peace in a Frantic World'* 8 week course in Stoke Gabriel

The *'Finding Peace in a Frantic World'* course is based on the best-selling book of the same name.

It covers a set of simple yet powerful mindfulness practices that you can incorporate into daily life.

They help promote the kind of happiness that gets into your bones and allow you to meet the worst that life throws at you with new courage.

**8 week course on Friday afternoons**

2 - 3.15 pm at Stoke Gabriel Scout Hut

Friday 3<sup>rd</sup> March to Friday 28<sup>th</sup> April 2023

No class Good Friday (7<sup>th</sup> April)

Course cost: £125

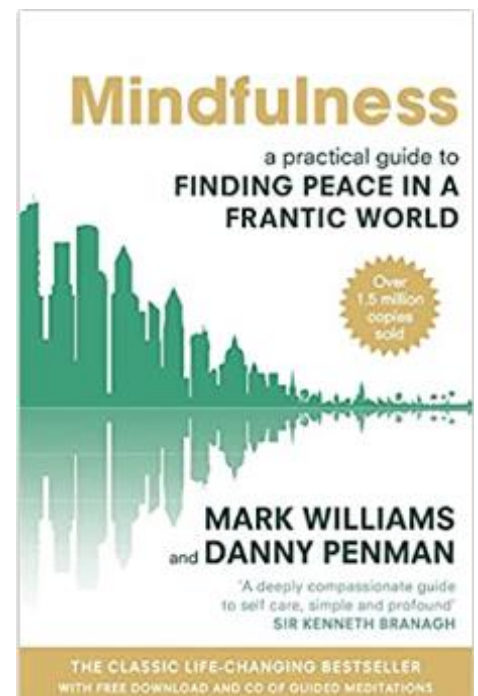
For further details

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**BAMBA**

BRITISH ASSOCIATION OF MINDFULNESS-BASED APPROACHES

**REGISTERED TEACHER**

MAY 2022 - MAY 2023