

Introduction to Mindfulness Meditation

2-day workshop on Saturdays 26 November & 3 December
10am – 4pm (incl. 1 hour lunch break)

Are you feeling worried or stressed? Do the daily demands on you seem too much to cope with? Do you feel your life is flying by?

Would you like to feel calm and relaxed, balanced and in harmony, responding to situations rather than reacting to them?

This course will show you how mindfulness meditation can help in your daily life without you having to put aside a lot of time.

Free meditation CD included.



Welcare

26 The Green

Twickenham

TW2 5AB

Fee: £100

All profits in aid of the Iris
Trust for Inspiration and
Well-being (reg. charity
1120293).

For more information about
the course and to book visit
www.angelika-chaffey.com