

Step out of Thought

4 week Mindfulness/Meditation Course

7.30-9.30pm Wednesdays- 15th Nov, 22nd Nov, 29th Nov and 6th Dec



Do you ever find your mind full of clutter?

Are you constantly regretting the past or fearing the future?

Would you like to be able to drop into and maintain a state of peace easily and in all situations?

Then join us at The Hub for this 4-week course- 'Step out of Thought'

The course will support you in changing the way you look at things through exploring different approaches to Relaxation and Meditation. We will look at and experience:-

1. Breathing for calmness.
2. Grounding.
3. Mindful Body Relaxation.
4. Techniques to clear the mind.
5. Guided Meditation.
6. Stillness and Silence.

Cost: £12 per session, £40 for the full course if paid in advance.

£10 deposit secures your place.

Contact Liz for more information and to book- 07931 534474.

