



Breathworks

Mindfulness for Stress (Condensed Version)

Over 4 weekend sessions:

Fortnightly intervals between the first 3 weeks. Then a gap of 3 weeks between sessions 3 and 4. (This is to enable you to assimilate and consolidate your personal practices before we turn to our connection with wider humanity).

Saturday 1st September 10.30 a.m. to 2.30 p.m.

Saturday 15th September 10.30 a.m. To 2.30 p.m.

Saturday 29th September 10.30 a.m to 2.30 p.m.

Sunday 21st October 10 a.m. to 5 p.m.

Cost: £200 waged, £125 unwaged

This includes "The Little Mindfulness Workbook" by Gary Hennessey and three professionally recorded C.Ds of Guided Practices.

Suitable for beginners and for those who want to re-connect with their practice.

Venue: Cardiff Buddhist Centre, 12 St Peters Street, Cardiff CF24 3BA.

For further Information or to book contact Caroline Martin at:
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Or phone: 0750 765 1775 or 0778 524 0507.