



“A Mindful New Year”

Mobile: +44 0794 1544958

**Address: 45 Lowther Hill, London SE23 1PZ Email: contact@stressminus.co.uk
www.stressminus.co.uk**

**Date: Sunday 18th January 09
time 11:00 - 17:00**

Workshop leader: *Dr. Patrizia Collard*



Starting the New Year with Mindful Intention!

This experiential workshop will be revisiting our mindfulness practice. We will spend much of the day **in silence** to explore meditative states working with mindfulness, sound, visualisation and nature.

Please send a cheque to reserve your place. Vegetarian Lunch and refreshments are included in the cost of £ 65,- / concessions £ 48,-.

Please bring towel, slippers and umbrella along J .

.....

Name:

Telephone Number:

Email: