



Mind Full, or Mindful?

4 Week Mindfulness Course

with Carmen O'Connor at The Holistic Centre, Godalming

Starts 10th January 2017 - Tuesday evenings 7-9pm

or

Starts 21st February 2017 – Tuesday afternoons 1-3pm

£90

What we cover:-

Introduction to Mindfulness & Meditation

What are thoughts and thinking?

The bodymind connection

Resting in awareness

For more info and to book:-

www.sensethesense.com | 07974 717 787

www.holisticcentre.co.uk | 01483 418 103



Approved Mindfulness Instructor, Reiki Master Teacher & Complementary Therapist