

MINDFULNESS

4 WEEK COURSE, EVERY FRIDAY

2nd, 9th, 16th & 23rd March

12.30-14.30 pm

Willow Tree Centre
Live life to the full

Mindfulness can help manage stress which helps improve wellbeing and overall happiness. It focuses in on the present moment using certain meditation techniques. It helps you to let go of unhelpful habits so you are able to make wiser choices.

It can improve concentration and help us to relate to others more skillfully.

LIMITED PLACES CALL 0161 212 5700 NOW TO BOOK YOUR PLACE

This course involves group meditation practice. Please wear comfortable clothes, bring a cushion or a blanket.



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