

counsellingoxford

A one-day course



Introduction to Mindfulness

Mindfulness can help relieve the stress of our hectic pace of life, with straightforward yet powerful practices that can change our outlook and increase our sense of wellbeing and happiness. Join a small group to learn about this different way of being. The session includes stepping out of automatic pilot, cultivating present moment awareness and mindful breathing. Cost includes free practice CD.

Saturday 24th March, 10 am to 4 pm, Asian Cultural Centre, Manzil Way, Oxford OX4 1GH

Cost £40. Advance booking only – email counsellingoxford@yahoo.co.uk or call 07717 038903

www.counsellingoxford.com