

Shropshire Mindfulness

Many ways to mindful days!

KEEPING YOUR MINDFULNESS ALIVE.

Starting January 2017

This group is for adults who have completed an 8 week mindfulness course with Helen Marsh.

It is a chance to continue to develop your mindfulness practice with regular guidance. The format of the group will start with some short warm up practices followed by a longer practice of up to 40 mins, followed by group enquiry.

When?

12 noon to 1pm on Fridays. The group runs for 8 weeks a term and lasts an hour each session. Dates: 13th, 20th, 27th January, 3rd, 10th February, Friday 24th February, 3rd, 10th March.

Where?

Lovely venue in Shrewsbury at Castlefields New Buddhist Centre, Queen St, Shrewsbury SY1 2JU. (Please note that this mindfulness group is secular.)

Silent Retreat

Depending on spaces, there may be a chance to join in with the silent day retreat between 10am-3pm on Friday 17th February to include lunch. *There will be an additional charge to attend.*

How to join

Please email Helen Marsh on helen@shropshiremindfulness.co.uk

Cost

The cost is £50 inclusive of the 8 weekly group meet ups, plus access to an audio recording of the weekly practice on Dropbox.

Teacher The course is taught by Helen Marsh, founder of Shropshire Mindfulness. She is an experienced mindfulness teacher and is on the UK Network for Mindfulness-Based Teacher Training Organisations official listings. <https://www.mindfulness-network.org/listingspagenew.php>