



Mindfulness Practice Day

Sunday 13th January 2019 9.45am to 4:30pm

£12.50 for the day - *Bring and Share Lunch* - *Drinks provided*

Venue: Day Services activity rooms

This is an opportunity to take some time for yourself, notice and become aware of how life feels for you, with whatever arises, cultivating open and kindly responses. We will have a number of lying, sitting and movement practices and enjoy a shared lunch offering. This day will be a silent retreat day, giving ourselves a chance to reconnect with that quiet still part of ourselves, to help nourish and restore our sense of well being, so often overtaken and subdued by the hustle and bustle of every day life.

The day will have a £12.50 fee and is open to people who have a regular meditation practice and/or who have done a mindfulness or similar course.

To find out more details and book your place, please email Gail Calthrop, staff nurse and Mindfulness Practitioner, at mindfulness@smhospicehereford.org



Charity No. 511179