



Mindfulness Practice Day

Sunday, 7th April 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, cultivating open and kindly responses to whatever arises. This day will be a silent retreat day to help nourish and restore our sense of well being, so often overtaken and subdued by the hustle and bustle of every day life. We will have a number of lying, sitting and movement practices and enjoy a shared lunch offering.

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