

Only
£60!



St Michael's
Hospice



Weekly Mindfulness Course

Seven consecutive Tuesdays

Beginning Tuesday 10th September 2024

Then: 17th Sep | 24th Sep | 1st Oct | 8th Oct | 15th Oct | 22nd Oct

All start at 7pm. Ends by 9pm.

Explore how learning mindfulness can help develop mindful skills and tools to helpfully manage and ease the effects of illness, and alleviate and soothe the stresses and anxieties of life.

Delivered at St Michael's Hospice and via online platform

Course Teacher

Jess Pailthorpe, Breathworks Teacher

To book your place, and for more details call **01432 852647**, or email
mindfulness@smhospicehereford.org

For more information about Mindfulness, visit st-michaels-hospice.org.uk