



Mindful Meditation

**The Detached Room,
Castle Street Centre
Kendal**

**Mondays 23, 30 Sept,
7, 14 & 28 Oct, 4, 11 & 18 Nov
2.00 - 3.30pm**

Breathe, Relax and find Calm

Do you want to feel calmer, more relaxed and more in control? Come and learn some simple tools that will help you promote your well-being. You'll learn to deal positively with the stresses of day to day living at our 8 week course. Why not take some time to care for yourself.

In the sessions we will be looking at breathing exercises, learning to meditate, apply mindfulness to our everyday life; develop a greater awareness of the body including gentle movement exercises; actively listening to music and poetry as well as sharing our experiences in a warm and supportive environment.

Suggested donation of £2.50 per session would be gratefully received.

For more information and to book your place
please contact us on **01539 728118**

