South Lakeland age UK

Mindful Meditation

The Detached Room,
Castle Street Centre, Kendal
Tuesdays 17th, 24th April, 8th, 15th, 22nd & 29th May
10.30am - 12noon

Do you want to feel more relaxed and more in control?

Come and learn some simple tools that will help you to cope better with the stresses of day to day living at our 6 week course.

Mindful meditation is a way to increase your awareness of the present moment, rather than living in the past or worrying about the future.

In the sessions we will be looking at breathing exercises, developing a greater awareness of the body including gentle movement exercises, actively listening to music and sharing our experiences.

A suggested donation of £2.00 per session would be gratefully received.

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

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