

Mindfulness

Meditation Relaxation

relieves symptoms of stress, anxiety, depression,
chronic illness and pain

FREE 6-Week Courses

Monday afternoons 1.00pm to 2.30pm

Next course starts 16th April 2018

PLUS

Drop-in Sessions

Monday mornings 10.30am - 11.30am

at Sompting Big Local Hub

The Parade, Cokeham Rd

BN15 0AH

Please contact Liane to book a place on

07474 678479 or

liane@thesustainablemind.co.uk

