

Mindfulness

Meditation Relaxation

Six-week courses are a great introduction to what mindfulness is, how it works and how to integrate it into your daily life. Weekly mindful meet ups support your ongoing practice or are a useful taster session. 1:1 sessions available.

Courses run on

Monday afternoons 1pm to 2.30pm
24th Feb, 1st Jun, 27th Jul, 14th Sep, 2nd Nov

Weekly mindful meet up sessions are on
Monday mornings 11am to 12.15pm

Mindfulness practices help us handle stress better, reduce anxiety and depression, improve memory and concentration, and reduce feelings of isolation. It helps us overcome addictions, and cope with chronic ill health and pain.

The Sustainable Mind offers low cost mindfulness courses and sessions to keep this service accessible to all. A minimum suggested donation is £5 per session.

All sessions take place at a quiet, peaceful cottage on West Street in Sompting.

Other courses, workshops and retreats available.
Please contact Liane for more information
and/or to book a place on 07474 678 479
or liane@thesustainablemind.co.uk

