



MINDFULNESS WORKSHOP

Friday 14th and 31st January and Friday 7th February 2025

EVENT OVERVIEW

Guided Mindfulness Meditation with Barbara Mella

Mindfulness is a way of being and responding to the world around us by paying attention to what is happening as it is happening.

8 Attendees

QUOTE

“Although I meditate regularly, I actually found the instructors approach new and very helpful”

TESTIMONIAL

“Some of it was strange, feeling objects etc but the actually guided meditation was peaceful and enjoyable”

THANKS TO

Barbara Mella

Axminster and Lyme Cancer Support

Guided Mindfulness Meditation
with
Barbara Mella

Friday 24th & 31st January, 7th February 12-1pm

Mindfulness is a way of being and responding to the world around us by paying attention to what is happening as it is happening.

It's the wonderfully liberating opportunity to forget about everything else and focus on the simplicity of this moment. It invites us not to worry about the past or stress over the future, giving us the freedom to enjoy the present.

Please book online
to register for this session

ALCS , Cross Keys House, Chard street,
Axminster, EX13 5EB

How likely are you to recommend this event to a friend or client?

4/5

