Mindfulness and the New Year - Setting Intentions

After the busyness of the Christmas period, make some time for you: to rest, replenish, reflect and set your intentions for the year ahead.

The workshop will begin with guided mindfulness practices to support an inward focus and the settling of body, mind and emotions. From this place of clearer vision you will then be invited to reflect on the year behind and the year ahead, taking note of what really matters to you and allowing this to guide you in your aims and choices for 2019.

No previous experience necessary, all are welcome.

Sunday 6th January 2019
10.30am - 1pm at the Wellington Centre, Hastings
£15 - places are strictly limited, early booking advised.
Contact Ruth on 07949 547502; mindfulnesshastings@gmail.com
www.mindfulnesshastings.co.uk