



A Morning of Mindfulness

You are invited to join us for a morning of mindfulness practice.
An opportunity to pause, reflect and replenish.

***“Within you there is a stillness and a sanctuary
to which you can retreat at any time”***

Ruth will be leading a range of seated, lying down and
gentle movement based practices.

Indulge in a morning of warm silence and mindfulness practice.

Sunday 5th November 2017, 10am - 1pm
Wellington Centre, Hastings
Payment by donation

Places are limited, to book please contact Ruth:

MindfulnessHastings@gmail.com

or Tel: 07949 547502

www.mindfulnesshastings.co.uk

Please note, this is not an introductory class and is intended for people who have previous experience of meditation, and preferably mindfulness practice.