

Christian Mindfulness

London Day Workshop

Saturday 17th February 2018

9.30am to 4.00pm

Venue: St Mary's Church, Osterley Road,
Isleworth, Middlesex, TW7 4PW

This three session workshop explores mindfulness from a Christian Perspective and includes PowerPoint presentation, video clips and small group discussion. There will also be a variety of self awareness and God awareness meditations throughout the day.

Exploring Mindfulness From A Christian Perspective

"I would heartily recommend this Workshop to anyone interested in developing mindfulness, whether as a personal skill, to assist others, or simply as a way of drawing closer to God" Heather Vernon BACP Accredited Psychotherapist, Pathways Counselling, Hinckley, Leicestershire, UK.

"I recommend it highly" Rev. Shaun Lambert, Senior Pastor, Stanmore Baptist Church, London

"This Christian approach is most helpful. It will be of benefit to many people" Dr. Rob Waller, Consultant Psychiatrist and Director of Mind and Soul.

**To book your place on the Workshop visit
the website Events Page**

Cost £40 Early Bird price up to 17/1/18

Cost after 17/1/18 - £45



www.christianmindfulness.co.uk