

Christian Mindfulness

Surrey Day Workshop

Saturday 22nd September 2018

9.30am to 4pm

Venue: Knaphill Baptist Church, 88 High Street,
Knaphill, Woking, Surrey, GU21 2PZ

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

“A brilliantly clear integration of mindfulness with Christian truth and prayer” Dr Tim Devine, Clinical Psychologist and Former Clinical Adviser to the Dorset Mindfulness Centre.

“I recommend it highly” Rev. Shaun Lambert, Author of A Book of Sparks: A Study in Christian Mindfulness.

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

Workshop Presenter : Richard H H Johnston, Director of Christian Mindfulness

To book your place please go to the Events Page on the website

www.christianmindfulness.co.uk