



# A led day of Mindfulness Practices to embed knowledge and practice

## SATURDAY 5TH MARCH 2022

TIME: 13:00-18:00    COST: £30

A day of Mindfulness Practices at the beautiful **Doynton Village Hall, Toghill Lane, Doynton, Bristol BS30 5SY.**

This is a day for those that have completed a mindfulness course, or who have a regular contemplative practice, to reconnect with mindfulness-based practices.

The day will be held in silence with the practices led by skilled mindfulness practitioners who are trained and follow the Good Practice Guidelines for Mindfulness Teaching.

The day will support us to be more present-moment focussed and notice what is arising for us in each moment. Therefore, we can pause, soften, connect with our breath and respond with more awareness.

Please click on the image below on the right to register via eventbrite and for further practical details about the day.

There is a small eventbrite registration fee.



**Mindful Retreat Day**

A Led Day of Mindfulness Practices to embed knowledge and practice.

For any queries, please contact: [info@bristolmindfulness.com](mailto:info@bristolmindfulness.com)

Thank you.