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## **De-Stress Mind and Body Mindfulness Courses and Lunchtime Groups at The Cornmill**

**The 8-Week Mindfulness Course for Stress and Well-Being  
Now running at The Cornmill Health Centre  
£195 per person**

<b>8 Week Course Starting March Wednesdays, 6.30-8.30pm</b>	<b>8 Week Course Starting June Wednesdays, 6.30-8.30pm</b>	<b>8 Week Course Starting September Wednesdays, 6.30-8.30pm</b>
16 March - Orientation 23 March 30 March 6 April 13 April 20 April 27 April 4 May 7 May - Day Retreat* 11 May	1 June - Orientation 8 June 15 June 22 June 29 June 6 July 13 July 20 July 23 July - Day Retreat* 27 July	7 September - Orientation 14 September 21 September 28 September 5 October 12 October 19 October 26 October 29 October - Day Retreat* 2 November

\*Day Retreat held at The Monastery, Crawley Down

### **The Mindfulness Drop-In Group at The Cornmill Health Centre**

**Tuesdays from 12-1pm - £5 per session  
Pre-Registration Required – Please contact Deborah Mitchell**

**For more information:  
Contact: [Deborah@themindfulorg.co.uk](mailto:Deborah@themindfulorg.co.uk)  
or visit: [www.themindfulorg.co.uk](http://www.themindfulorg.co.uk)  
or tel: 01342 719975**