

Come and Join us to Explore

# THE PRESENT

*For Adults*

This is a new style of eight-week course to introduce mindfulness and well-being to busy adults. The course focuses on encouraging friendly, mindful awareness towards experience in the midst of busy lives. The programme supports “reversing in” to discovering and choosing ways to practise mindfulness arising from awareness of how things are for each person in their life.

*Friday 21<sup>st</sup> (12.15pm – 6.15pm) and Saturday 22<sup>nd</sup>  
(11.30am – 5.15pm) February, 2020*

*Arts Depot  
Tally Ho Corner  
North Finchley  
London  
N12 0GA*

*Cost: £225 per person, non-residential.  
For more details and an application form please  
contact*

*Sarah Silverton*

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[www.sarahsilvertonmindfulness.co.uk](http://www.sarahsilvertonmindfulness.co.uk)  
[www.thepresentcourses.org](http://www.thepresentcourses.org)