

Train to share
THE PRESENT

The Present is a Well-being and Mindfulness course for adults and children aged 3-12+ years old in a schools' setting

Friday 31st January - Sunday 2nd February 2020

(4-7pm on Friday, 9.30 – 5.30pm on Saturday, 9.30 – 4.30pm on Sunday)



Forrest Hills
Hazelrigg Lane
Ellel
Lancaster
LA2 0PL

Cost: £495 per person, non-residential.

A refund of £110 per person will be made if group numbers reach 20.

For more details and an application form please contact

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www.thepresentcourses.org