

LIVING IN THE PRESENT

An Online Introduction to Mindfulness Course

The Present is a new style of eight-week course to introduce mindfulness and well-being to adults. The course focuses on encouraging friendly, mindful awareness towards experience in the midst of our busy lives. The programme supports exploration, discovery and friendly awareness of how things are for each of us in our life, introducing how a variety of mindfulness practices can be chosen to support our well-being.

Awareness and the self-care this can support, whilst always vital, have particular relevance for us living in the world today.

Format: 8 x one and a half hour sessions weekly on Zoom

Timings: Tuesday 20th April 2021, 6.00 - 7.30pm for eight weeks

Cost: £150

For more details and an application form please contact

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