

Relaxation, Mindfulness & Meditation

Half Day workshop at The London Spiritual Mission

4th November 2017

Learn the ancient art of mindfulness meditation.

Find inner peace & emotional intelligence, with Serap Enver, a qualified Instructor

Join us for the second in a series of practical and experiential workshops, aiming to give you practical tools for integrating mindfulness and meditation practices into your daily life.

Learn what mindfulness is to you, what it feels like, and how you can use it to become more aware, reduce stress in your life and bring about a better sense of well being.

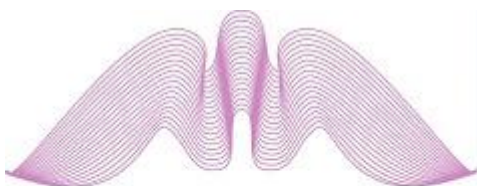
Learn to MOVE THE MIND!

We will be working with exercises including Mindful observation, Mindful eating, Body Scans and visualisations, which help us to recognise how we perceive the world, the story we tell ourselves, and how that shapes our experiences.

The cost of this half day workshop is just £20 and all you need to bring is an open mind and a desire to live a healthier more conscious life.

To book your place, please contact Anne Thornton-Patterson on 07930 362492 or email secretary@spiritualmission.co.uk

Serap holds a diploma in Mindfulness, Meditation and Relaxation, and is also a Reiki Master Teacher and Quantum Touch Practitioner.



Serap Enver
Innate Healing

www.innatehealing.co.uk

