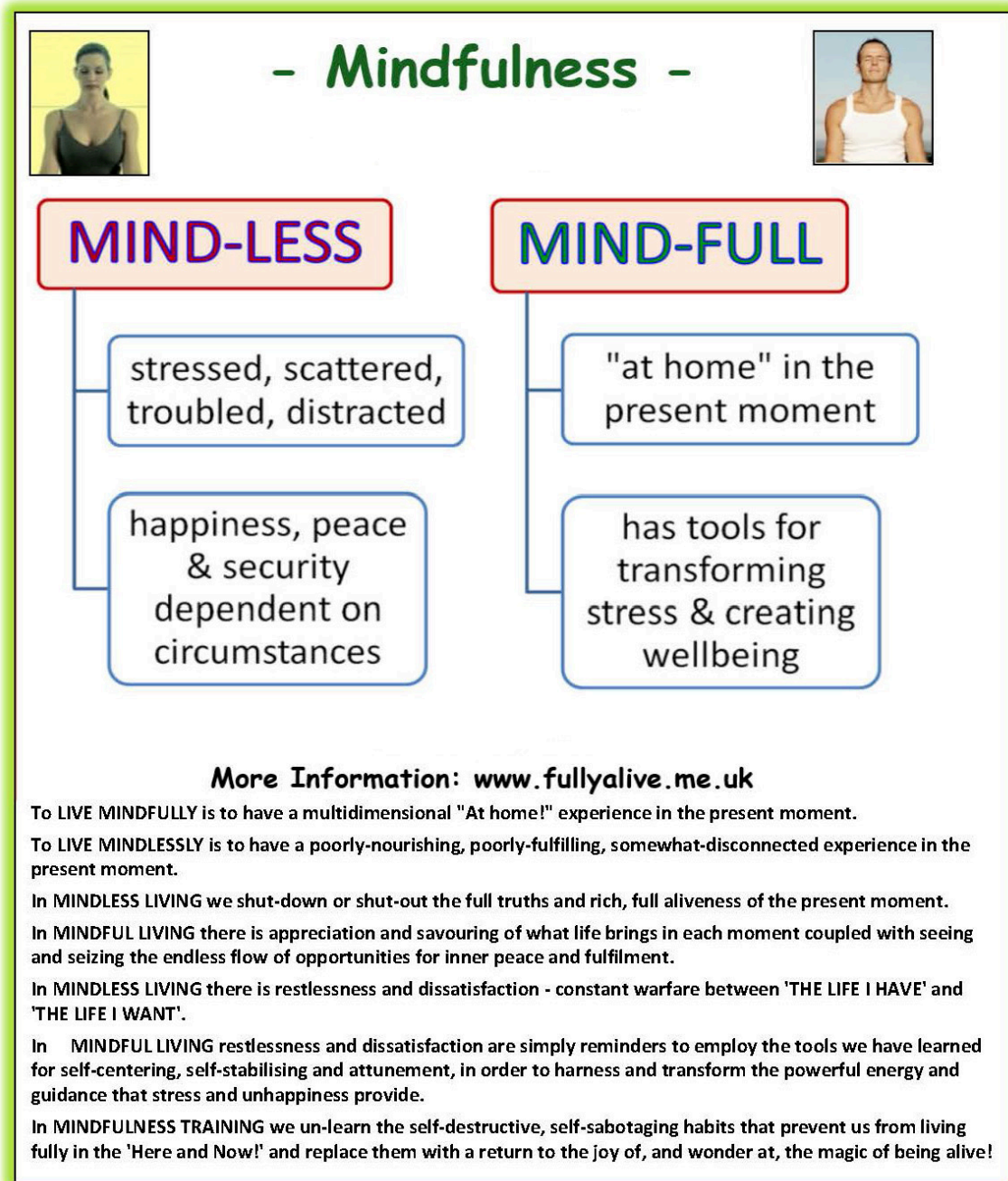


# - MINDFULNESS DAY -

BOTTISHAM VILLAGE COLLEGE, CAMBRIDGE CB25 9DL

Saturday October 12th 2019 10am-4pm



## Suitable for Beginners or Refreshers

### Would you like a calmer mind, less stress and more success?

The 21st Century secular update of the ancient art of Mindfulness has taken the world of health and wellbeing by storm and is spreading into all walks of life as a lifeskill that harnesses the natural power of your mind, body, spirit and emotions.

Mindfulness is the ultimate way to reduce stress, explore your inner and outer worlds in new ways and open the door to being **MORE ALIVE** and **AT HOME IN THE PRESENT MOMENT!**

Which of the many tools of mindfulness is right for you right now? This class provide a rare opportunity to experience a range of simple, easy practices to find what is just right for you at this point in your life - to lower stress, improve relationships and build optimum healthy functioning of mind, body and spirit, emotions and immune system.

**TO BOOK YOUR PLACE** [Cost= £42] Contact Bottisham Village College Adult Learning on 01223 811372 or [adultlearning@bottishamvc.org](mailto:adultlearning@bottishamvc.org) or [www.bottishamvc.org/commed/how-to-enrol/](http://www.bottishamvc.org/commed/how-to-enrol/)