

Mindfulness & Meditation

A simple path to serenity

STARTS SEPTEMBER & OCTOBER 2019

IN WITNEY AND CARTERTON

A 6 and an 8 week course in a small group of 6,
guided by an experienced mindfulness and meditation teacher.



Mindfulness skills are easy to learn and lead to greater peace of mind, calmness within the body, improved self awareness, inner strength, wisdom and compassion.

Venue: The Witney Therapy Centre, 2a Corn Street, Witney, OX28 6BL

Theme: Mindfulness Skills, 8 weeks

Starts Tuesday 24 September 4.15-6.15pm

Finishes 19 November (break w/c 22 October), Cost £275

Venue: Church View, Carterton.

Theme: Mindful Self-Compassion, 6 weeks

Starts Friday 4 October 10am-12pm

Finishes 15 November (break w/c 22 October), Cost £210

Delia Taylor-Brook is trained with the British Mindfulness Institute and is a
Psychotherapist with 30 years of meditation experience.

Refer to her website for further course details www.counsellingwitney.co.uk

Tel: 07899 891992 Email: deliatb1@gmail.com

Deposit of £75 to secure a place on either course

Balance payable by 16 September. Instalments can be negotiated.