

ONE DAY RETREAT:



Mindfulness

Give your meditation practice a boost on this one-day mindfulness retreat:

- Immerse yourself in a gentle flow of mindfulness practices
- Experience mindfulness of breathing and mindful movement
- Reconnect with yourself using body scan and loving kindness practices
- Enjoy a spacious day with plenty of time for reflection
- Share your experiences with others, in a supportive, inspiring environment
- Unplug from your day-to-day routine and re-connect with yourself!

Take time to pause and restore yourself!

WHERE: The Restoration Yard

Dalkeith Country Park, EH22 2NA

WHEN: SUNDAY 16th JUNE 2019

10am to 4pm

COST: £80

To book or find out
more contact Gillian
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 The Moment is Now



www.momentisnow.co.uk

Mindfulness for well-being – for
individuals, organisations and schools