

7 MINDFUL ATTITUDES LLANTWIT MAJOR



Have you completed a mindfulness course? Would you like to deepen your understanding further, or just get back into the habit of practicing?

Often after an introduction to mindfulness course we have great intentions to use what we have learnt but then life gets in the way, or we have questions or hit a difficulty with our practice and give up. Or it may be that it has become repetitive and we are just stuck in a rut.

This 8 week course, based on Jon Kabat-Zinn's framework of the 7 Mindful Attitudes, will allow you to reconnect with your mindfulness practice, explore the teachings in more depth, and learn some new practices to deepen and extend your experience.

led by accredited teacher
Natalie Snuggs MSc.



To book or for more info:
email info.stillworks@gmail.com
or phone 07341 264686

Starting: Tuesday 24th January
2023 evenings: 6:30 pm - 7:30 pm
in Llantwit Major
NB: no class 21st February (half term)
Cost: £80 (includes resources for home practice)

