

A Men's Matters & Community Learning and Skills Service event

Mindfulness Workshop



Thursday 22nd March 2pm to 4pm

Maidenhead Community Centre
York Road, Maidenhead SL6 1SH

A taster to explore some simple techniques that you can use in your daily life to enhance inner peace

A FREE WORKSHOP FOR MEN OVER 50 AND THE WOMEN WHO SUPPORT THEM.

**Reserve your place by sending an email to Paul:
samuelsberks@aol.com**



Tutor for the Mindfulness Workshop is Sadhna Chaman