



# Mindfulness Sessions

**EVERY THURSDAY FROM 27TH SEPTEMBER  
TO 25TH OCTOBER FROM 12.30PM - 1.15PM**

Blythe Valley Park will be hosting a series of free to attend mindfulness workshops. Mindfulness is a simple form of meditation used to bring one's awareness to the present moment. No experience is required and you can attend as many or few sessions as you like.

To sign up for a session, email [emily.coombs@improperties.co.uk](mailto:emily.coombs@improperties.co.uk) with the name and date of the session(s) you'd like to attend. Places are limited to 20 people per session so don't delay!

## Living on Autopilot

Date: 27th September  
Venue: PKF, Park View, One  
Central Boulevard

## Why is breathing so important?

Date: 4th October  
Venue: Zenith, One  
Central Boulevard

## Mindfulness and the Body

Date: 11th October  
Venue: PKF, Park View, One  
Central Boulevard

## Calming the Chattering Mind

Date: 18th October  
Venue: Abbott, Elder House

## Mindfulness and Emotions

Date: 25th October  
Venue: PKF, Park View, One  
Central Boulevard