

# THE LETCHWORTH CENTRE FOR HEALTHY LIVING

## *5 Mindfulness Practices for Everyday Living: A practical approach to being mindful at work, at home or in social situations*

with Dr Neelam Taneja PhD, Member IAYT, Life Fellow RSM

**Sunday, 22 April**



9.30 for a 10.00 start-13.00



**Cost:** £40 per person including refreshments,  
£70 per couple/2 persons

The Letchworth Centre for Healthy Living  
Rosehill Hospital, Hitchin Road, Letchworth,  
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Established 1984

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**Opening hours** Mondays to Fridays 09.00-20.30 Saturdays 09.00-15.30