

# THE LETCHWORTH CENTRE FOR HEALTHY LIVING

## 7 Mindfulness Practices to Calm an Active Mind:

For “do-ers” and those with active minds, having a quiet space within the nervous system and in the body can be especially beneficial.  
with Dr Neelam Taneja PhD, Member IAYT, Life Fellow RSM

Sunday, 24 June 9.30 for a 10.00 start-13.00





This workshop will introduce strategies to help you to find oases of stillness in your life.

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

The Letchworth Centre for Healthy Living  
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Established 1984

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