

# THE LETCHWORTH CENTRE FOR HEALTHY LIVING

## Mindfulness for Complete Beginners

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

Sunday, 4 November 9.30 for a 10.00 start-13.00





This workshop is for complete beginners who want to learn mindfulness as well as a refresher for practitioners.

**Cost :** £40 per person including *Nourish* refreshments

The Letchworth Centre for Healthy Living  
Rosehill Hospital, Hitchin Road, Letchworth,  
Hertfordshire SG6 3NA

Charity Registration No. 295219  
Established 1984

**Tel** 01462 678804  

**Website** [www.letchworthcentre.org](http://www.letchworthcentre.org)

**Email** [healthyliving@letchworthcentre.org](mailto:healthyliving@letchworthcentre.org)

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