

Mindfulness - Cultivating Forgiveness

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

Saturday, 30 March 13.30 for 14.00-17.00



Forgiveness can be difficult – especially when we have been hurt, when we feel anger or resentment or when we are left with guilt or shame. This mindfulness-based workshop will approach the subject from a contemplative and scientific perspective, and will be of interest to all who seek to become more forgiving and compassionate.

Cost: £45 includes refreshments Code: WMCF1

The Letchworth Centre for Healthy Living
Rosehill Hospital, Hitchin Road, Letchworth, Herts SG6 3NA
Tel: 01462 678804 www.letchworthcentre.org

**THE LETCHWORTH
CENTRE FOR
HEALTHY LIVING**

Charity Registration No. 295219 • Est. 1984