

Mindfulness - Three-Step Breathing Space

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

Sunday 28 April 9.30 for 10.00-13.00



How to create moments of calm breathing spaces in your hectic daily life!

As useful at home and at work as in purely social situations, this powerful technique is a gift you owe to yourself! The ability to create an oasis of inner calm wherever you are gives you space to think, to temporarily ‘stop the train’ and to profoundly nourish your spirit. Although the “Breathing Space” is a tool derived from longer Mindfulness programmes, no prior experience of either Mindfulness or Meditation is a prerequisite for this workshop.

Cost: £45 includes refreshments by *Nourish*

The Letchworth Centre for Healthy Living

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