

# MINDFULNESS TRAINING

This talk will explain how mindfulness can benefit anyone willing to give it a try! Delegates will have an opportunity to experience mindfulness practice, learn how to apply it to a busy life and feel calm and revitalised as a result! This can benefit anyone personally and/or be used for professionals wishing to take back the information to their workplace or adults and young people they work with.

## TRAINING INFORMATION:

**Wednesday 14  
March 2018**

10am - 11.30am

Conference room,  
Thornden School,  
Winchester Road,  
Chandler's Ford,  
SO53 2DW

**Cost: £39**

**Includes tea and coffee on  
arrival and a USB stick with key  
resources such as session plans.**

Free onsite parking



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