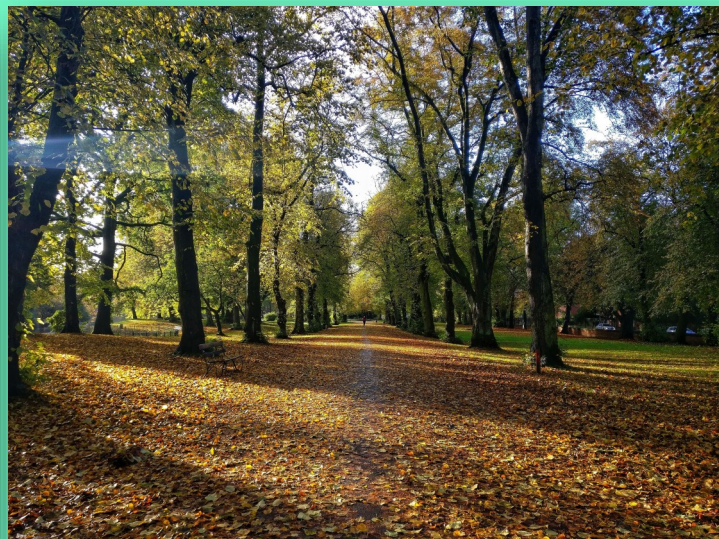


# Medway Mindfulness Courses



This course offers an introduction to the process of Mindfulness for those living in the Medway area and covers the following basic meditations: Sitting with the Breath, Body Scan, Sounds & Thoughts Meditation and Listening Meditation. Whilst attending this course you will be invited to practice meditation daily between sessions.

**COURSES ARE RUN ON VARIOUS DATES  
PLEASE CONTACT US FOR FURTHER INFORMATION  
\*PRIOR REGISTRATION IS REQUIRED\***



For further information, please contact:

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 **mind North Kent**

**Live well**  
Kent and Medway

Registered Charity