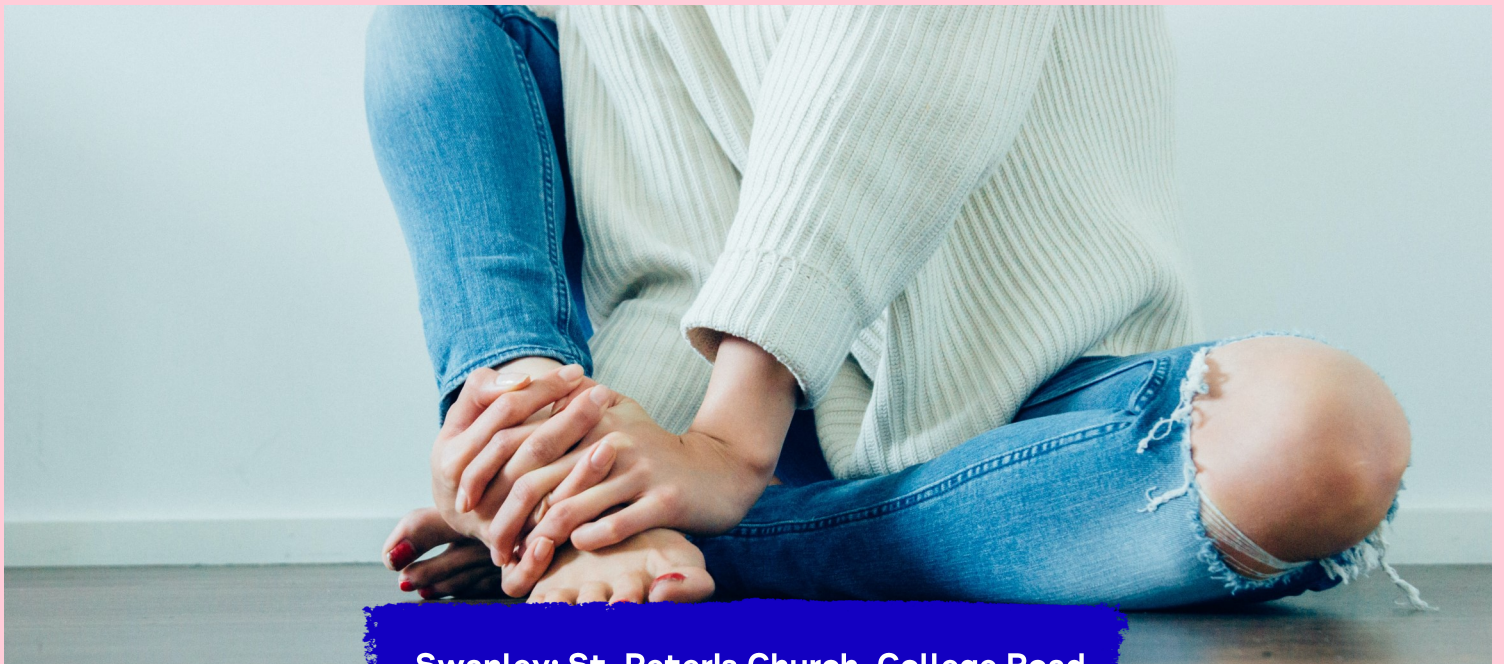


Mindfulness Courses

This course offers an introduction to the process of Mindfulness (for Dartford, Gravesham and Swanley clients) 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.



Swanley: St. Peter's Church, College Road

Monday 10:00—12:00pm

Dartford: St. Anselm's Parish, 89 West Hill

Wednesday 2:45—4:15pm

**Gravesend: Riverside Community Centre,
Dickens Road**

Friday 12:00—1:30pm

You can register by scanning the QR code!



For further information, please contact:

 **mind**
North Kent

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Wellbeing@northkentmind.co.uk

 **involve**