

Christian Mindfulness Days 2017

Practical teaching and guidance,
followed by a time of quiet together.

Last Saturday of each month

28th January

29th July

25th February

26th August

25th March

30th September

29th April

28th October

27th May

25th November

24th June



The day runs from 10.30am to 2.30pm. Everyone is welcome to stay for the Healing Service at 3pm, but no one need feel they have to.

New-comers or people with more experience are equally welcome.

Bring your own picnic, or book lunch in our Tea Room - please call 01892 865991. Hot and cold drinks will be available throughout the day.

There is no charge, but we would welcome a donation (£15 is suggested) towards the work of Burrswood.

If you would like to know more, or wish to book a place, please contact the **Reservations Team** on: **01892 865988** or email: reservations@burrswood.org.uk

We look forward to seeing you

Transforming lives through whole person care