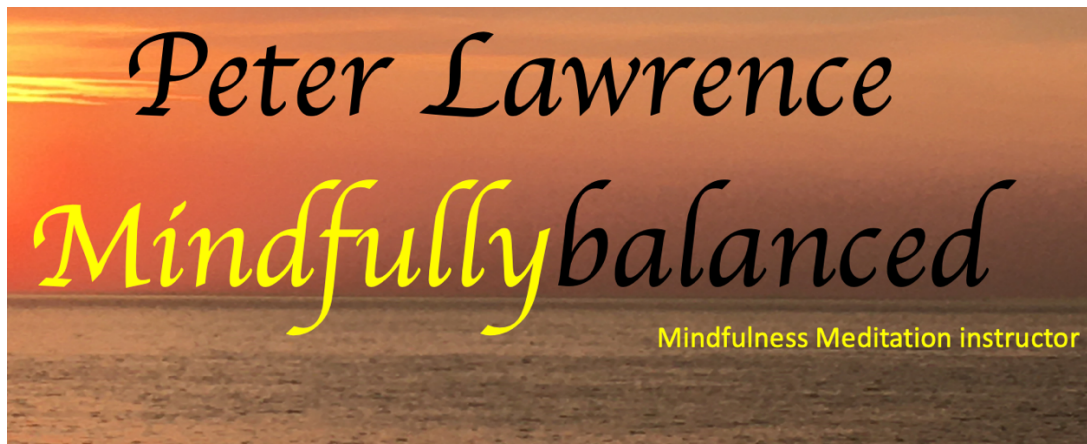


Newsletter 31/2021



Mindfullybalanced.co.uk

Date: 17th October 2021

Contents of this newsletter:

Section 1: Update weekly sessions:

Please changes to next week's timetable

Section 2: Thursday evening session change, and a quote from author Jack London.

Section 1:

Monday 18th October – **There are no sessions today. I will take the sessions on Tuesday. I apologise for any disruption.**

Tuesday 19th October - 9am – using the same morning code as Monday 9am.

Tuesday 19th October 7.30pm (MBSR course) I will send the once only code to the regular Monday attendees on the course.

Wednesday 20th October - 9am

Thursday 21st October – 6.30pm

Friday 22nd October – 9am and 11.30pm

Saturday 23rd October – 11am



There are meditations and links to youtube Qi Kong Based exercises on my Websites page – Youtube Movement Links.

Newsletter 31/2021

Section 2:

**The Thursday 6.30pm session will change to a Wednesday from:
27th October**

This is because I have joined a Qi Kong development class to improve my own practice as well as develop my skills to bring in different techniques into my sessions. I will send out a new code for the Wednesday session.



I'm sorry if this has an adverse effect on your attendance, and I hope you can still attend if you can.

Quote:

Below is a quote from a recent film I saw: In fact the quote was written in 1916, by Jack London, an American writer who wrote 'Call of the wild' and "Sea Wolf". I thought it is relevant to being mindful and being aware of your own life.

Below are two versions: The original quote and a slightly edited version.

Jack London:

'The function of man is to live, not to exist. I shall not waste my days in trying to prolong them. I shall use my time'

My version:

The function of being human is to live, not just to exist. Do not waste your days in trying to prolong them but use your time.

So ask yourself the question in a reflective way and not as a judgement:

How do I use my time
And how will I use my time

Yay!!! Take care everyone.

With kindness

Pete

