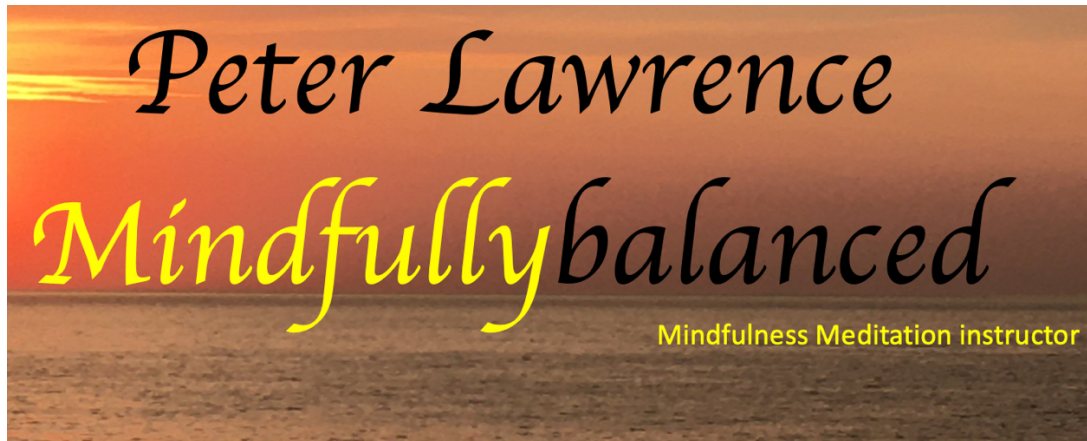


# Newsletter 33/2021



Mindfullybalanced.co.uk

Date: 13<sup>th</sup> November 2021

Contents of this newsletter:

## Section 1: Update weekly sessions:

**Please see changes to next week's timetable**

### Section 1:

Monday 15<sup>th</sup> November – 9am and **7.30pm (MBSR course – my not run. Please look out for emails)**

Wednesday 17<sup>th</sup> November - 9am and 6.30pm

Friday 19<sup>th</sup> November – 9am

Saturday 20<sup>th</sup> November – 11am



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

# Newsletter 33/2021

## A quote from a person who attends my private work:

I have lung and throat cancer and haven't been able to breath properly for a very long time, and I have also been in a lot of pain. Since I have adopted my breathing technique to the way you teach I am now breathing much better, plus using the meditations on pain management, especially the finger breathing, I can manage my pain and at times I don't feel the pain at all.

Please put your finger breathing technique on your website as it is brilliant and has helped me so much! ***K Oct 2021***

**Yay!!!**

**Take care everyone.**

**With kindness**

**Pete**

