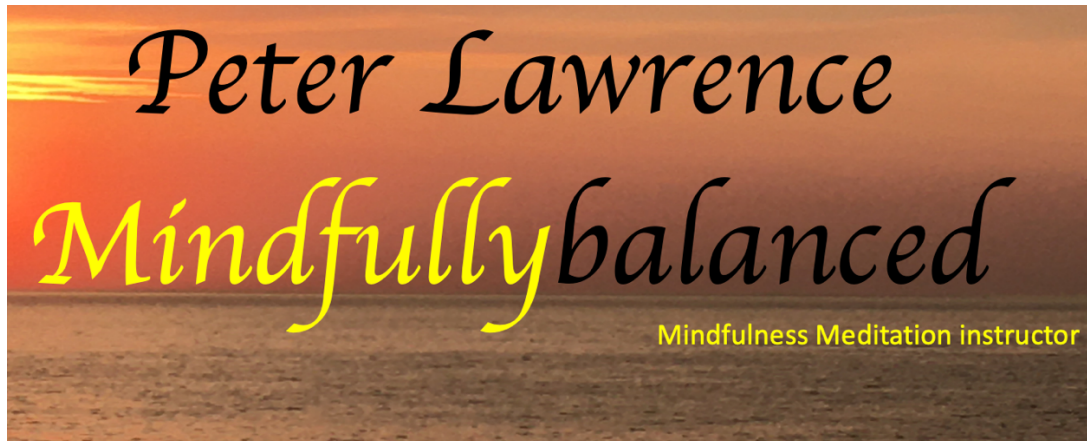


Newsletter 36/2021



Mindfullybalanced.co.uk

Date: 12th December 2021

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Update weekly sessions:

Section 2:

- Mindful meditations session over the Christmas period
- Developing my new Apps
- Cancer Creativity Course

Section 1:

Monday 13th December – 9am and 7.30pm

Wednesday 15th December - 9am **there will not be a 6.30pm session**

Friday 17th December – 9am

Saturday 18th December – 11am



Section 2:

Christmas Period:

Last Christmas I took a morning session every day throughout, including Christmas Day, due to the difficult circumstances we and the country were going through. If

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there is another lockdown this Christmas I will do the same, but if we are allowed to be with family and friends the following dates of the sessions are below:

Monday 20th - 9am - **there will not be 7.30pm session**

Wednesday 22nd 9am and 6.30pm

Friday 24th 9am

Saturday 25th I hope you all have a lovely Christmas day, **but there will not be a session at 11am**

Monday 27th 9am only

Wednesday 29nd 9am and 6.30pm – **The 6.30pm session will be a ‘Breathing only’ meditation for 40 minutes, where we will sit in silence, with my guidance, and ‘be’ with our breath.**

Friday 31st 9am

Saturday 1st January – Wishing in a new year at 11am

Developing my new App



I am developing two apps at the moment, with two more planned for 2022! Yay! All exciting stuff for the new year!

The two immediate apps will be:

Mindful Wheels TM - with approved trademark, and combines my two passions: Cycling and meditation.

Mindfullybalanced meditations – I’m awaiting trademark acceptance, so hopefully this will be approved in the next few months.

I have planned out the Apps and I am now looking for a trustworthy and good App developer, who understands the Mindfulness principles. Very exciting!

Cancer Creativity Course – ‘Movement for Cancer’

It is seen that if a person has had lymph nodes removed as part of their cancer treatment, movement is essential in preventing lymphoedema, which can be quite debilitating and painful.

Starting from Tuesday 4th January at 7.30pm I will be taking a weekly course of Mindfulness especially for people living with, or recovery from or supporting

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someone who has cancer. The course is called 'Movement for Cancer'. The course will cover, meditations in movement, breathing, acceptance, being with, If you think you or someone you know may benefit from attending the course, please contact Cheryl at: cancercreativitygroup@gmail.com

As well as the health benefits, we also have a lot of fun in the sessions.

The course will run for 6 weeks then repeat for 6 weeks. The first course will run between 4th January to 8th February, with a pause of 2 weeks, and then starting again on Tuesday 1st March to 5th April.

A person who attended the previous course wrote:

"As a Chartered Psychologist in Private Practice I have to be very discerning indeed about who I recommend to my clients.

I use Mindfulness with many of my clients and can attest to its effectiveness as a treatment, both personally and through the work of other practitioners, which helps people with many issues. However, Peter Lawrence takes it to another level which I consider to be masterful. I have personally found his sessions extremely beneficial and enjoyable and to top it all - fun. I always feel very relaxed and uplifted and positive about life

- both during and after his sessions. I looked forward to his sessions and sadly miss them now that they have finished.

He has developed a unique approach, combining Mindfulness with several other reputable treatment relaxation methods, and he tops it with his beautiful soothing voice. I have already referred Peter to several people and will continue to do so. I have no hesitation whatsoever in recommending Peter's group work." **TS 2021**

Yay!!!

Take care everyone.

With kindness

Pete

