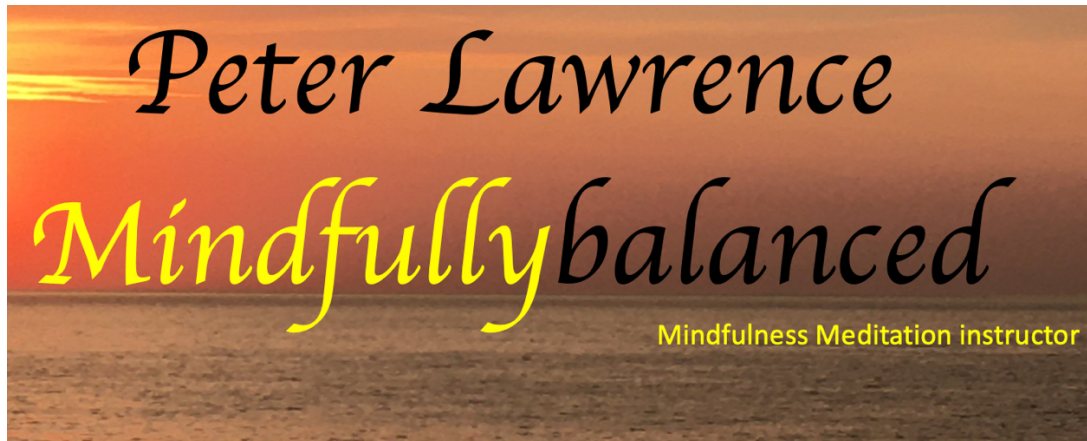


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Date: 19th December 2021

Wishing everyone a peaceful and happy Christmas

I feel it's a time to celebrate close, distant and passed family and friends, to be grateful for our lives and to be kind.

And I'd like to share with you the thoughts of Loving Kindness:

May I be safe and protected
May I be peaceful
May I live at ease and with kindness

And for you:

May you be safe and protected
May you be peaceful

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May you live at ease and with kindness

And for everyone:

May all beings be safe and protected

May all beings be peaceful

May all beings live at ease and with kindness

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Update weekly sessions:

Section 2:

- **Mindful meditations session over the Christmas period**
- **Developing my new Apps**
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- **A**

Section 1:

Monday 20th December – 9am **there will not be a 7.30pm session.**

Wednesday 22th December - 9am and 6.30pm

Friday 24th December – 9am

Saturday 25th December – **there will not be an 11am session**

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 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 27th December - 9am - **there will not be a 7.30pm session**



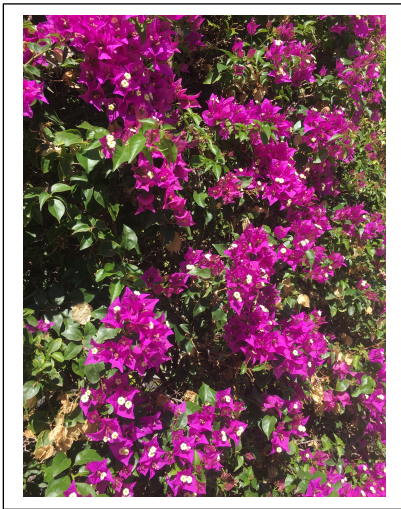
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Wednesday 29th December - 9am and **6.30pm - will be a 'Breathing only' meditation for 40 minutes, where we will sit in silence, with my guidance, and 'be' with our breath.**

Friday 31st December - 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 first app will be:

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

I have planned out the App and I am now looking for a trustworthy and good App developer, who understands 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 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

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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**

And a thought from Mindfulness author Mark Williams:

"If you rely solely on outside circumstances changing in order to feel happy and energised, you'll have to wait a very long time. And while you wait, constantly hoping that the sun will come out or wishing you could travel to the peace and tranquillity of an imagined future or an idealised past, your actual life will slip away unnoticed. Those moments might as well not exist at all."

Yay!!!

Take care everyone.

With kindness

Pete

