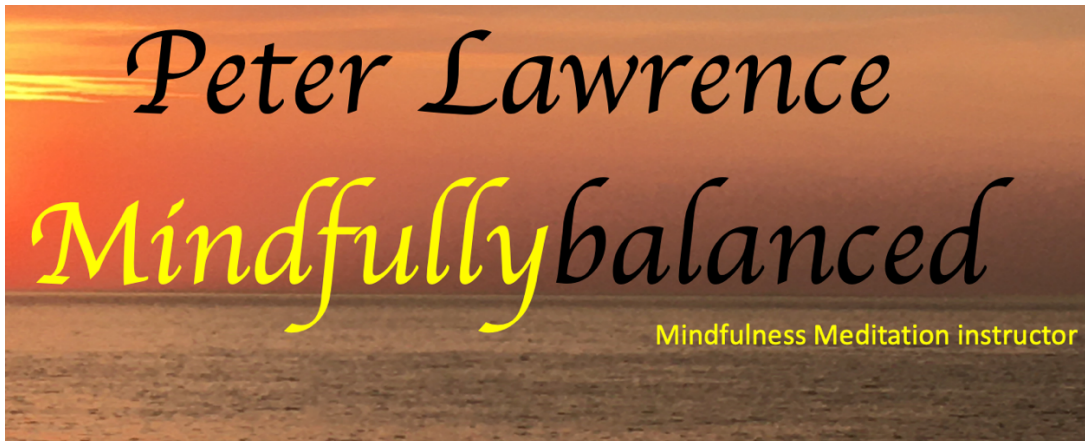


# Newsletter 1/2022



Mindfullybalanced.co.uk

Date: 5<sup>th</sup> January 2022

**Wishing everyone a good  
year with lots of happiness.**

Contents of this newsletter:

## **Section 1:**

**Update weekly sessions:**

## **Section 2:**

- **Cancer Creativity Course – Mindful movements**
- **Mindful session with Croydon Library**
- **Retreats for 2022**

## **Section 1:**

Monday 3rd January – 9am and 7.30pm

Tuesday 4<sup>th</sup> - 7.30pm – Cancer Creativity Course –  
Mindful movements

Wednesday 5<sup>th</sup> January - 9am and 6.30pm

Friday 7<sup>th</sup> January 9am



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Saturday 8<sup>th</sup> January 11am

## Section 2:

### 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 4<sup>th</sup> 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 with cancer. The course is called ‘Movement for Cancer’. It will cover, meditations in movement based on Qi Kong , 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](mailto: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 4<sup>th</sup> January to 8<sup>th</sup> February, with a pause of 2 weeks, and then starting again on Tuesday 1<sup>st</sup> March to 5<sup>th</sup> April, all times starting at 7.30pm

A person who attended the course yesterday, 4<sup>th</sup> January said:

‘I have not smiled like this for a long time and feel so good, and I loved the session’!

### Mindful meditation introduction session with Croydon Library

I have been asked to take an online mindfulness meditation session with Croydon Library, for their staff and it’s also open to library members too. If you or you know of someone who wishes to join an introduction to mindfulness please contact:

[paulette.johnson@croydon.gov.uk](mailto:paulette.johnson@croydon.gov.uk)

The session will be on Monday 17th January at 2pm, for an hour, and will be an introduction to mindfulness meditation including various meditations.

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## Retreats for 2022

I am hoping to run two weekend retreats this year in Weymouth. Price not yet ready but will be soon. but will include accommodation and all mindfulness sessions.

The dates I'm looking at is towards the end of March, and again in October. The weekend will be from Friday evening until Sunday afternoon, the accommodation will be in a guest house over-looking the beautiful sandy Weymouth Beach.

Travelling to Weymouth from London with National Express coach, which takes about 4 hours with a cost of about £10 each way, or by train, 3 hours at about £30 - £50 each way, if booked in advance. Or driving which takes about 3 hours.

I am also planning an on-line retreat over a weekend, which will start at 10.30am and finish at 3.30pm on a Saturday and a Sunday with breaks and lunchtime. Dates and cost will be promoted soon.



**Yay!!!**

**Take care everyone.**

**With kindness**

**Pete**

