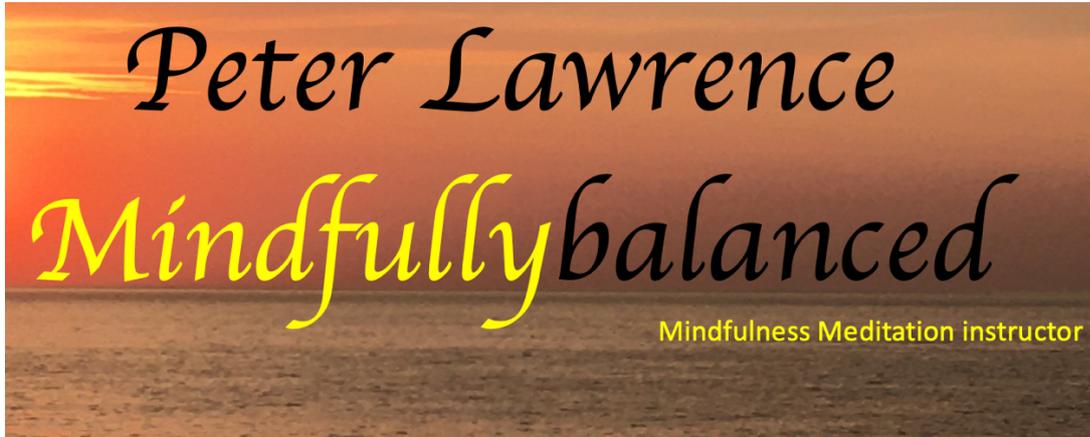


Newsletter 2/2022



Mindfullybalanced.co.uk

Date: 9th January 2022

Contents of this newsletter:

Section 1:

Update weekly sessions:

Section 2:

- **Cancer Creativity Course – Mindful movements**
- **Mindful session with Croydon Library**
- **Retreats for 2022 – Please let me know if you are interested.**



Section 1:

Monday 10th January – 9am and 7.30pm

Tuesday 11th - 7.30pm – Cancer Creativity Course – Mindful movements

Wednesday 12th January - 9am and 6.30pm

Friday 14th January 9am

Saturday 15th January 11am

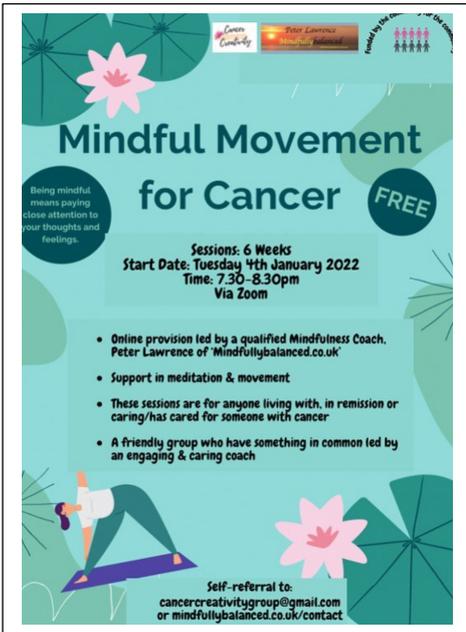
Section 2: (repeated from 1/2022)

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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.

The first course will run for 6 weeks between 4th January to 8th February, and then starting again on Tuesday 1st March to 5th April, all times starting at 7.30pm



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

“These sessions are absolutely fantastic”

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:

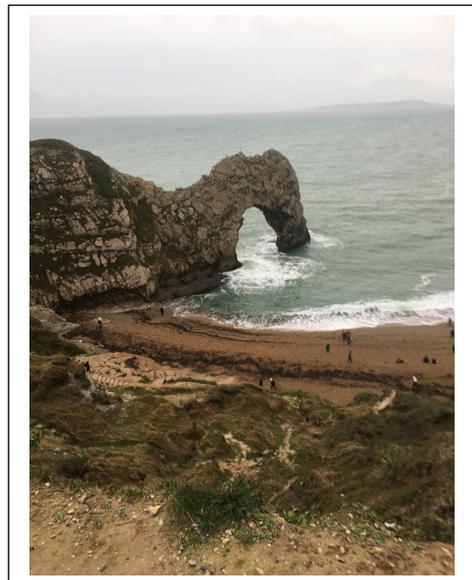
paulette.johnson@croydon.gov.uk

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

Retreats for 2022 I am hoping to run two weekend retreats this year in Weymouth. Dates and prices to be confirmed.

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.



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I am also planning on-line weekend retreats, 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.

Please let me know if you are interested. I have a few people who have already contacted me which is great.

Yay!!!

Take care everyone.

With kindness

Pete

