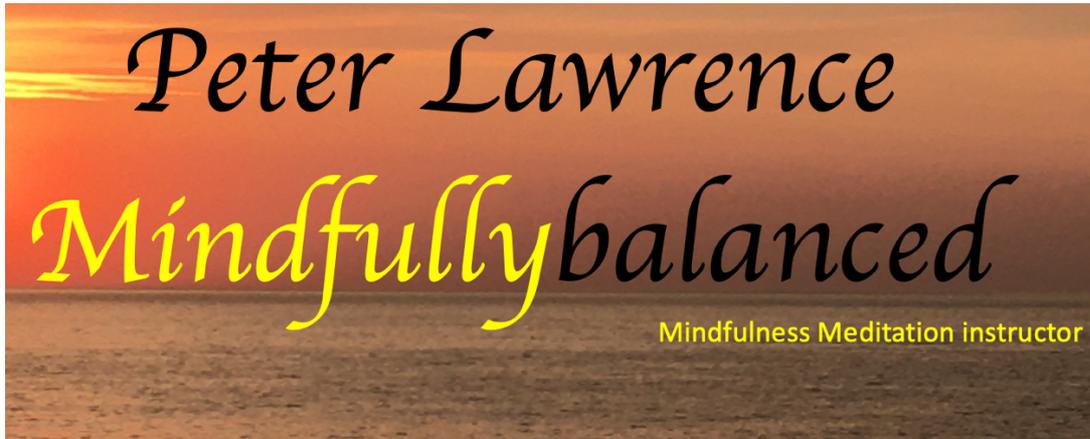


Newsletter 5/2022



Mindfullybalanced.co.uk

Date: 30th January 2022

Contents of this newsletter:

Section 1:

Update weekly sessions:

Section 2:

Cancer Creativity Course – Mindful movements second course starting Tuesday 1st March until 5th April 2022

June retreat full information.

Section 1:

Monday 31st January – 9am **there will not be a 7.30pm session**

Tuesday 1st February - 7.30pm – Cancer Creativity Course – Mindful movements

Wednesday 2nd February - 9am and 6.30pm

Friday 4th February - 9am

Saturday 5th February - 11am

Section 2

Cancer Creativity Course – ‘Movement for Cancer’

The first course comes to an end this week on the 8th February. The next course will run for 6 weeks between Tuesday 1st March to 5th April, all times starting at 7.30pm



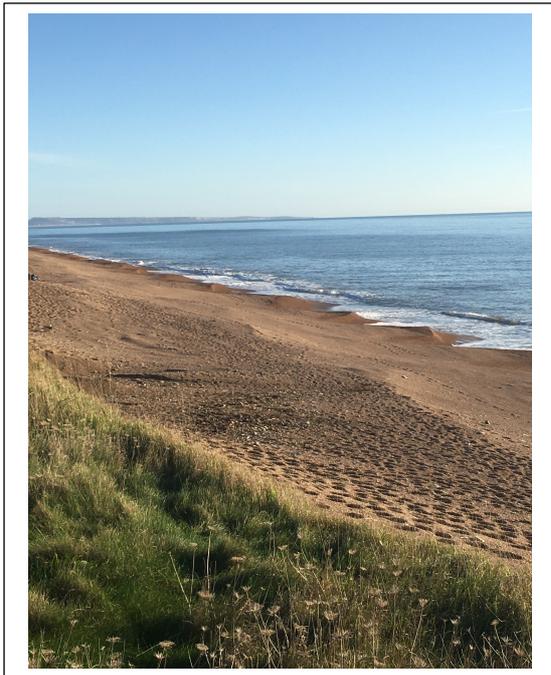
‘I’m so glad I attend this course, I go to sleep after the sessions with a smile on my face and I sleep well’ **Jan 2022**

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Retreats for 2022 – now in June and October

I will be running two weekend retreats this year in Weymouth. Dates and prices for the first retreat in June are below:

I'm looking at booking a guest house/hotel for:



Friday 10th June
Until
Sunday 12th June

This will be rated good/fabulous on
Booking.com

The guest house/hotel will be very close to
the beach and include breakfast.

Lunch on Saturday and Sunday will be
provided by myself and /or my wife Angela.

The cost includes accommodation for 2
nights, all meditations, lunch on Saturday
and Sunday. And an evening meal at a local
restaurant Saturday evening.

The cost does not include:

Travel to Weymouth and return, evening meal on the Friday.
To share costs maybe people may want to travel together if driving.

If you wish to travel sooner or go back later to have a longer break you will have to
make private arrangements with the BnB/hotel.

The weekend will include:

Meeting at Weymouth, if traveling by train/coach, and taking you to the BnB/hotel.
Settle in and enjoy the evening. And a chance to meet with the other participants if
wished..

Saturday morning:

Early morning meditative beach walk before breakfast at 7.30 am: optional 😊

Pick up from accommodation to the Meditation Studio at 10am.

Morning meditations

Lunch

Transport back to accommodation for a 1 hour rest.

Pick up from accommodation for afternoon outside meditations weather permitting

Back to the Meditation Studio, afternoon tea, further meditations

5.30 approx: return to accommodation to relax,

7.30pm Saturday evening meal at a local restaurant to relax with group (optional)

This must be prebooked.

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Sunday:

Early morning meditative beach walk before breakfast at 7.30 am: optional

Pick up from accommodation to the Meditation Studio at 10am

Morning meditations

Lunch

Afternoon meditation

Roundup

Farewells transport to station if required at 3pm approx

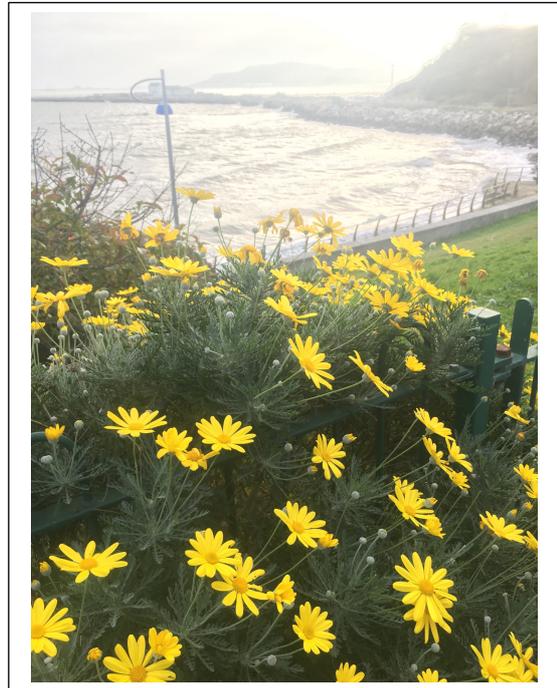
If you are interested the cost for the weekend is:

£325. This is an early bird price, and it may increase nearer the time due to accommodation rising.

A deposit of £50 is needed to ensure your place. The maximum number is 9.

Please email your interest and I shall send you my bank details. And please say whether you wish your own room or willing to share a twin room with another person, this will reduce the cost.

I have 5 people who have paid their deposits. There are only 4 places left for the June retreat.



Take care everyone.

With kindness

Pete

