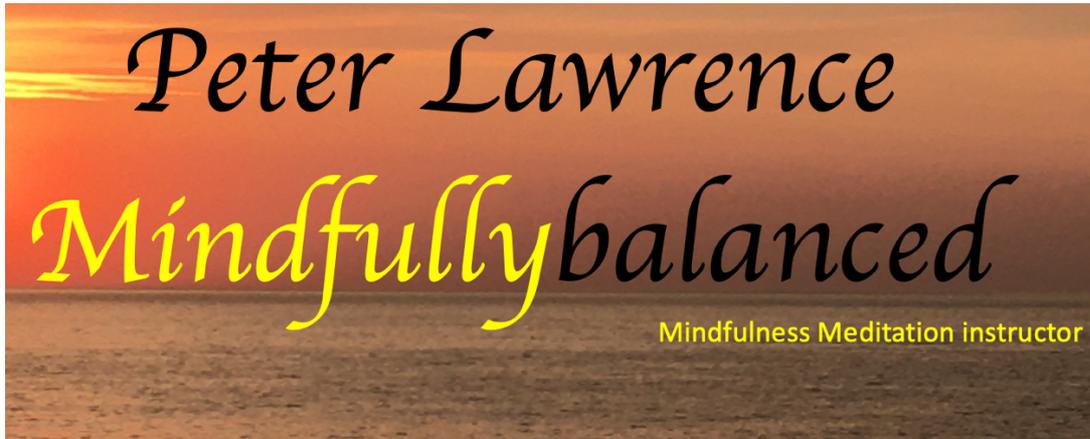


Newsletter 6/2022



Mindfullybalanced.co.uk

Date: 6th February 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 - update

Autumn retreat waiting list now open

Deepak Chopra quote

Section 1:

Monday 7th February – 9am and 7.30pm

Tuesday 8th February - 7.30pm – Cancer Creativity Course – Mindful movements

Wednesday 9th February - 9am and 6.30pm

Friday 11th February - 9am

Saturday 12^h 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



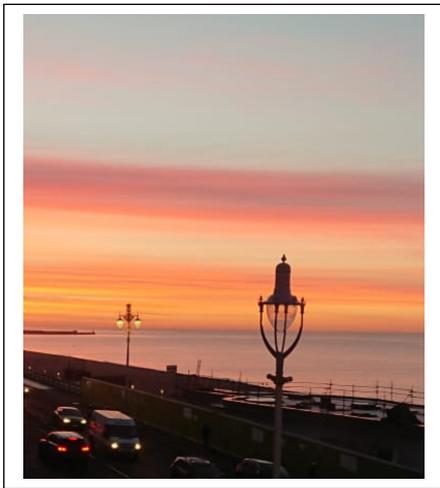
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This course is free and are available to anyone who is living with cancer, in remission or caring for / or who has previously cared for someone with cancer in the UK.

The 6 week course, covers living mindfully, acceptance, moving mindfully and with a purpose to help the body. And practicing different techniques in how to calm the mind and to give it a pause in a way of helping find peace from all the over thinking, your brain is so good at!

So if you would like to join or know of someone that may be interested please contact:

Cheryl at: cancercreativitygroup@gmail.com



Retreats for 2022 – June and October

I'm very pleased to say the June retreat running over the weekend of 10th – 12th June is now full. Thank you to those who have paid their deposits.

I will run another weekend retreat in the Autumn, around the end of September beginning of October. Dates and prices to be announced. If you are interested in attending please let me know. It's great to have 3 already on the waiting list.

I came across a quote from Deepak Chopra which I thought was interesting:

“Meditation is not a way of making your mind quiet. It is a way of entering into a quiet that is already there”

Take care everyone.

With kindness

Pete



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