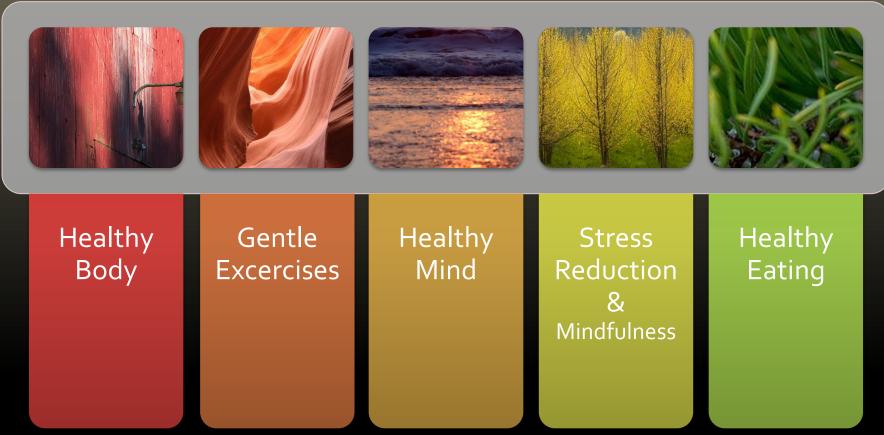
Healthy Mind - Healthy Body Course

An enjoyable 7 week course leading you through a series of talks, soothing exercises, meditations and stress reduction techniques aimed at improving your overall well-being. Commencing 10.30am 31st October 2013



Thursdays 10.30am - 12.30pm

31st October

7th November

14th November

21st November

28th November

5th December

19th December

This is a FREE course although early booking is required. Please contact Jane and Vinod at info@londoncentreformindfulness.com www.jamyang.co.uk

Jamyang London
The Old Courthouse
43 Renfrew Road
London SE11 4NA
(near Kennington tube and
Elephant & Castle tube and
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