

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



Healthy
Body

Gentle
Exercises

Healthy
Mind

Stress
Reduction
&
Mindfulness

Healthy
Eating

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
rail stations)

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