

Living a More Mindful Life: 11th November - 2nd December

These workshops explore ways to be more mindful in our day to day interactions with ourselves, others and the world.

Learning to press the pause button, to enjoy the little things in life and to be present to savour them minute by minute can help us reduce stress and anxiety and improves wellbeing.

We will look at:

- Understanding what mindfulness is
- Practicing mindfulness techniques
- Reducing stress and anxiety

4 weekly sessions

Starts Thursday 11th November

Online

16.00 - 17.15

Enrol with us, free to join

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