

Mindfulness Retreat Day



A day of Mindfulness Practices at the beautiful Doynton Village Hall. This is a day for those that have completed a mindfulness course or who have a regular contemplative practice to reconnect with mindfulness-based practices. This day will be in silence with the practices lead by skilled mindfulness practitioners who are trained and follow the Good Practice Guidelines for Mindfulness Teaching.

Mindfulness **supports us through:**

- Reducing stress
- Improving emotional regulation
- Improving communication
- Improving and strengthening relationships

This day will support us to be more present moment focussed and notice what is arising for us in each moment. Therefore, we can pause, soften, connect with our breath and respond more calmly.

Please bring the following with you on the day:

- Yoga/Camping Mat
- Blanket and Cushion
- Vegetarian Dish to share
- Outdoor gear

Retreat Day Details:

Time: 10.30am - 4.30pm
Day: Sunday 14th November
Cost: £30

Place: Doynton Village Hall, Toghill Lane, Doynton, Bristol BS30 5SY
Book: <https://www.eventbrite.co.uk/e/mindfulness-retreat-day-tickets-146961268109>

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Chatterminds