



EXPERIENCE: Mindfulness-based Self-care, empowerment, relating and letting go

Date: Saturday 23rd March 2019

Time: 11:00 a.m. - 2:00 p.m.

Venue: York Gardens Library Lavender Road SW11 2UG

If you care about quality of life and productivity (as we do!) it requires energy, self-care, awareness and resilience. Yet with greater expectations, connectivity and use of technology, speed and productivity can have ill effects. Our well-being, work, relationships, sleep/rest, interests - complete effectiveness suffers! Perhaps you have a vacation, or some momentary relaxation then go back to business as usual.

Mindfulness is a nourishing practice you can experience indefinitely, learn and benefit from immediately. In this group we gain transformational self-care resources, plus neuroscience, empathy and empowering insights that result in positive choices, behavioural and social change!

You Attending: Being willing to invest in own self-care and relatedness with compassion.

Objectives: Enhancing self-care experience and insights with supportive (Mindfulness) skills.
 Lifestyle choices, self preservation behaviour, core human needs.
 Space to be curious, creative, breathe, laugh, learn, revitalise, be human.

Facilitator: **Christene Burgess, MBACP, Psychosynthesis, Wellbeing & Mindfulness Consultant**

Trains from: Victoria/Waterloo/Canada Water to Clapham Junction

Buses from Clapham Junction via St John Hill and Plough Road: 295 and C3

Buses from Victoria: 44 and 170 to York Road

Name

Supporting Relationships and Families Room 003 250 York Road SW11 3SJ
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Address

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Fee: **£25** Non-Members **£15** Members Concessions: **£10**

Cheques should be made payable to **'SRF'**

It would be helpful if you could confirm your attendance by Monday 18 March 2019