



Seminar: Mindfulness

Date: Saturday 25th March 2017

Time: 10.00 a.m. - 2.00 p.m.

Venue: York Gardens Library 34 Lavender Road SW11 2UG

Life is inter-connected. In contrast to our active, busy and at times frantic lives, each of us is inclined to gravitate towards ways of restoring our sense of resourcefulness - call it connection with soul/source. Whether or not you engage in a regular practice of meditation, we can all identify and savour a moment that serves like a drawbridge, where you access "a still point in a turning world" - **T.S. Eliot**.

Meditation strengthens the connections between the critical, creative and intuitive mind. Effectively, this heightens our meta-cognitive function and emotional intelligence; our ability to quiet and focus the conscious mind to refine emotions and lessen emotional contagion.

This session brings Mindfulness into exploring a desired relationship to self, work, leisure and commitment.

Seminar Speaker: Christene Burgess

Mindfulness & Psychosynthesis Consultant - Wellbeing Interior Design & Mentoring

An established practice of meditation and teacher trained at Bangor University, CMRP.

Trains from: Victoria/Waterloo/Canada Water to Clapham Junction. Buses; from Clapham Junction via St John Hill and Plough Road 295 and C3, from Victoria 44 and 170 to York Road.

Name

Address

..... **Tel**

Email **Occupation**.....

Fee: **£20** Non-Members, **£15** Members, Concessions: **£10**

Please make cheques payable to 'SRF'

Please confirm attendance, by Monday 13 March 2017, email: serefo.info@gmail.com

Supporting Relationships & Families, Room 03, 250 York Road, Battersea, SW11 3SJ. Tel: 0207 801 0135, www.serefo.org.uk, serefo.info@gmail.com