


*Mindfulness is secular meditation
taught by an authorised and
experienced teacher.*



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Give the Gift of Mindfulness

1-1 Taster Session: Holiday Special £45 (normally £60)

Voucher Towards Any Future Classes: from £10-150

Mindfulness Course (MBSR)

Accredited 8-wk Mindfulness-Based Stress Reduction Course

January 13, 20, 27, February 3, 10, 24, March 1, 10

Wednesdays 6-8pm UTC / 1-3pm EST / 10am-12pm PST

£150

Give the Gift of Mindfulness

Three-Hour Silent Retreat Day

Saturday, January 16, 2021

4-7pm BST / 11am-2pm EDT / 8-11am PDT

Open to all.

Recommended for graduates of the 8-wk MBSR class.

£20/\$25

Mindful Mondays

1pm BST / 8am EDT

Fortnightly FREE 30-min Mindfulness Sessions

Next on Nov. 30, Dec. 14 2020, Jan. 11, 2021

Pre-register: <https://action.new-unity.org/mindfulmondays>

Many businesses are recognizing the positive effect Mindfulness has on their employees' wellbeing and productivity. Why not sponsor your employees to take part?