



MINDFULNESS RETREAT

THURSDAY 21ST TO SUNDAY 24TH NOVEMBER 2019

Doreen Smith is a qualified Mindfulness teacher and practitioner and is currently training as a psychotherapist. Her passion is making Mindfulness accessible and practical for everyday people

'Through mindfulness we develop the capacity to become more aware of what is happening in our lives as they are unfolding, and we do this without colouring it without judgments, fears, hopes or fantasies.

Mindfulness helps us focus our attention to experience directly what is happening right here, right now. Nothing ever happens in the past or in the future 'Now' is the only time where our lives unfold.... the only moment there is'.

- Patience
- Kindness
- Curiosity
- Persistence
- Allowing
- Trust
- Playfulness

For more information or to book a place contact ► ► ►

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