



London Centre for Mindfulness

www.londoncentreformindfulness.com

SUMMER MINDFULNESS

Learn tools to reduce stress

8 Week Mindfulness for Stress Reduction Courses

9 May - 4 July 2019 Morning & Evening

Full practice day: Sunday 22 June 2019

Visit: www.londoncentreformindfulness.com for details & to apply

Address: The Old Courthouse, 43 Renfrew Road, London SE11 4NA



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