

Monthly Mindfulness Retreats

A 3-hour mini retreat each month
To learn, hone and practise mindfulness skills
In a friendly & supportive environment
(with great scenery & afternoon tea)
Open to beginners or those with experience in
mindfulness

May 10th, June 14th, July 12th, 2014

Time: 1-4pm

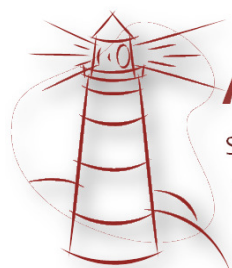
Venue: Hardy Centre, Hungerford Cres, Hamilton
Gardens

\$20 per session (come to 1 or all 3)

Register by e-mail: jo-wall@outlook.com

Or phone: 021 266 5657

Facilitator: Jo Wall



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