

Helen
(mindfulnessmk.com)

&

Dave
(amindfulness.co.uk)

Invite you to join them in
The Mindfulness space
Promoted by mindfulnessmk.com
for the second workshop on
“How to take good care of yourself”
which will involve mindfulness, yoga-based movement and creative activities



Booking information

Venue: The Quaker Centre, 1 Oakley Gardens, Downhead Park, Milton Keynes, MK15 9BH

Date and Time: 20 September 2025 from 10.00-14.00

Cost: £42.00, including refreshments

Booking: info@mindfulnessmk.com

Phone: Helen on 07548 366601 or Dave on 07929 742295 for more information