

Restore the Balance

Why not join us?
For taster day to try
Mindfulness as an aid
to restore the
balance in your life...

Exploring **Meditation**
techniques including
Breathing, The Body
Scan and The
Compassionate Mind
to facilitate peace.



10:00 am – 4:00pm

Saturday 9th April 2022

The Nook Urban Retreat

6 Upper Precinct,
Coventry CV1 1DE

£90.00 or **£75.00 if booked before 2^{6th} March 2022**

Booking – www.colemanconsultancy.co.uk or 07950574571

Email – su@colemanconsultancy.co.uk

Credit Sharon Alcock Picture

 Coleman Consultancy 