

Mindful Monday practice group

Free fortnightly sessions, for anyone who has completed an 8 week Mindfulness course



10:30 – 11:30

2nd and 4th Mondays each month
Group Room 1, The Annexe,
Holland Court, Cathedral Close

Free - by donation only

No equipment needed. Please contact
mindfulness@norwichmind.org.uk to
book a place.

Please note, only suitable for those who have already completed an 8 week mindfulness/MBCT course. If you'd like to attend a beginners taster session, please contact us.

www.norwichmind.org.uk

T: 07867 179273

mindfulness@norwichmind.org.uk

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 **mind**
for better mental health

Norwich and Central Norfolk