

Mindfulness Practice

Xaverian Mission Spirituality Centre

169 Sharoe Green Lane Fulwood PRESTON PR2 8HE

Mindfulness means being able to bring direct, open-hearted awareness to what you are doing whilst you are doing it; being able to tune into whatever is going on in your mind and body, and in the outside world, moment by moment.



Practice sessions in Mindfulness meditation are offered at our Centre to anyone, whether you are complete beginner or have experience of Mindfulness practice. The sessions help you become aware of what is happening in the present moment, what is happening in your body and mind, to be less drawn into the past or future, and to become more aware of habits of thought.

The practices are led by trained Mindfulness teachers with years of experience of facilitating individuals and groups in Mindfulness practice.

Sessions are offered on the 2nd and 4th Tuesdays of every month, 10:30 – 12:00.

13 and 27 November 2018	09 and 23 April 2019
11 December 2018	14 and 28 May 2019
08 and 22 January 2019	11 and 25 June 2019
12 and 26 February 2019	09 and 23 July 2019
12 and 26 March 2019	

If you would like more information please contact Angela Rogerson
01772 774283 or hello_angela5@hotmail.com

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