

Mindfulness Practice

What is it?

Mindfulness involves paying attention to what's going on right now, in our thoughts, feelings and bodily sensations, and doing this in a way that is non-judgemental. It is a way of learning how to meditate.

Where is

The Xaverian Mission Spirituality Centre,
169 Sharoe Green Lane, Fulwood, PRESTON
PR2 8HE. 01772 717122

When is it?

Second and fourth Tuesdays of every
month. 10:30 – 12:00

Who is it for?

Everyone and anyone! You may be an
experienced practitioner, or you may be
new to mindfulness – all welcome.

How much
does it cost?

We ask for a minimum donation of £3.

Who runs it?

A team of trained Mindfulness teachers.
The Group leader is Angela Rogerson
01772 774283
hello_angela5@hotmail.com

No need to book in advance, just come!
All welcome.

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