



# The Mindfulness Centre NI

A nourishing day of meditation, relaxation, mindful walking and mindful eating.

All proceeds raised are going to support the charity 'Go Make A Difference' in Tanzania

Includes

- Tea/coffee, scones with jam and cream on arrival
- Delicious two course lunch
- Afternoon tea & coffee with cake

To be held at:-

**Studio 36**

**36 Holywood Rd, Newtownards BT23 4TQ**

Sunday 11th June 2017

Arrival from 10.00am - 10.30am

Ends at 4.00pm

Please complete the Booking Form and return to the address below, together with a cheque for £55.00 made payable to The Mindfulness Centre NI

Name:

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Address:

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Post code:

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E-mail:

.....

Telephone/landline.....

Telephone/mobile.....

Date of Birth:

.....

Signature.....Date.....

Further information will be sent outlining the format of the silent retreat upon booking.

Contact Details

Caroline Stewart

22 Wandsworth Glen,

Bangor, BT19 1YY

Mob: 07989236966