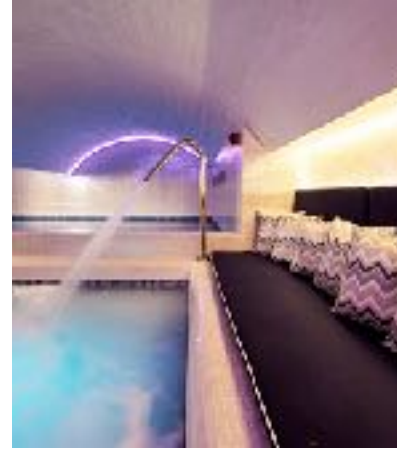
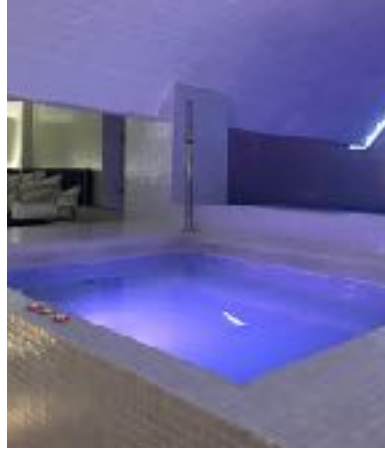


Mindfulness & Relationships

Workshop at The Vaults Spa function room, Bristol Harbour Hotel.
Facilitated by Mark Dunn & Neil Morbey

Sunday 23rd September 2018, 10am - 5pm



A wonderful way to bring more balance into your life through improving the way you relate to yourself and others.

This workshop will give you tools to enjoy better relationships. You will learn how to have more balanced relationships with family, friends, partners and colleagues by bringing mindfulness techniques into these relationships. The workshop includes tips on mindful communication and mindful listening as well as valuable insights on how to develop and maintain healthy boundaries with people that demand more and more.

The day also includes creative techniques for mindfulness meditations that you can do anywhere, any time. It is suitable for total beginners as well as people who have already done the Mindfulness and Positivity course.

For testimonials and information on the our courses and workshops please visit www.positivemeditation.com

Workshop price: £75 per person or £95 with additional spa / gym day pass

How to Book:

Call Mark on 07854 068 600 or email mark@positivemeditation.com
Places are limited so early booking is recommended.

Location:

The Vaults Spa, Bristol Harbour Hotel, 53-55 Corn St, Bristol, BS1 1HT
The Vaults Spa is open from 9am to 9pm. The workshop runs from 10am to 5pm with an hour for lunch (lunch not included)