

May-July 2024

# WELLBEING JUST FOR NOW

MEDITATION | YOGA | WORKSHOPS | MINDFULNESS

THURSDAY

10AM-12PM

FRIDAY

1:30PM -4PM

Introduction  
to

meditation

10:00-10:45

—

Mindfulness

with

Attitude

11:00-12:00

Mindful  
Yoga

1:30-2:00

—

Mental

Fitness

workshop

2:25-4:00





# JUST FOR NOW

The 'just for now' workshops are themed around specific issues and concepts to support living a happier, purposeful life. They combine learning from positive psychology, mindfulness based practices and the wisdom of the JUST FOR TODAY card.



# Mindfulness with Attitude

**Explore the foundational attitudes of mindfulness and how we can apply these attitudes to living a more mindful life. Each week is different - so you can come along to as many as you like! Sessions include theory, discussion and short meditation practices’.**

# ROAD TO RECOVERY ..... TRUST

For more information  
Speak to Jimmy at George Street Social  
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