May-July 2024

WELLBEING JUST FOR NOW

MEDITATION | YOGA | WORKSHOPS | MINDFULNESS

THURSDAY 10AM-12PM FRIDAY 1:30PM -4PM

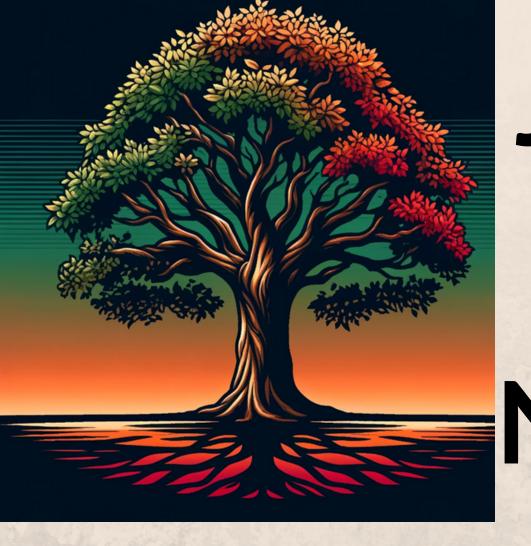
Introduction to meditation 10:00-10:45

Mindfulness with Attitude 11:00-12:00



Mindful Yoga 1:30-2:00

Mental Fitness workshop 2:25-4:00



JUST FOR

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.



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
phone: 0191 691 5280
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