



MONTHLY MINDFULNESS

**FIRST SATURDAY OF EACH MONTH
STARTING 5TH JANUARY
10AM TO 12NOON**

STAIR COMMUNITY CENTRE, TRABBOCH, MAUCLINE KA5 5HT

Monthly sessions to continue & develop your mindfulness practice.

An opportunity to meet others, share experience & discuss related topic.

Open to anyone interested in mindfulness.

Donations to cover room hire and refreshments.

FOR MORE INFORMATION CONTACT: MAUREEN 07834 269115