



Mindfulness session



There is more than one way to practice mindfulness, but the goal of any mindfulness technique is to achieve a state of alert, focused relaxation by deliberately paying attention to thoughts and sensations without judgment. This allows the mind to refocus on the present moment. **Join us** in our remote session to learn how to become more mindful.

**1st Monday of the month
6-6.40pm**



To join the Virtual
Cafe, please scan
the QR code

Meeting ID: **355 797 724 997**
Passcode: **KNYPBR**

Contact us



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