



Bitesize Mindfulness

Mindfulness practice has been reintroduced to Western Culture as an antidote to stress, burnout and a modality to enhance feeling of wellbeing. During 1 hour session our primary focus would be on experiencing mindfulness rather than covering the concepts behind it.

Contact us

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Registered charity no. 1141146

The session consists of guided mindfulness exercises and active mindfulness experience (mindful eating each participant will be encouraged to bring hot/cold beverage to the session so they can practice mindfully attending to food/drink).

Our aim is to give you the skill so you can implement mindfulness practice into your everyday life.

 **Mind**
Doncaster