

When?

Three evenings, 7.30-9.30 pm:

- Thursday 11 February:
Being in the present: an introduction
- Thursday 25 February: *Being in the present while learning from the past*
- Thursday 10 March: *Being in the present while helping create the future*

Where?

Hesters Way Resource Centre, Cassin Drive, off Princess Elizabeth Way, Cheltenham, GL51 7SU.

Car parking is available, free of charge at the rear of the venue. We access the building at the rear and use the conference room on the first floor. There is a lift.

How much?

There is no charge. If you are able to, please make a donation towards room hire. We suggest between £3 and £6 a session.

Do I need to come to all three sessions?

You are welcome to come to one or more of the sessions. The ideal is to plan to come to all three sessions, if you can, to get maximum benefit from the time you spend.

Do I need to book?

Yes, because it helps us to prepare the space for the right number of people.

Please book one week before each session by sending a text, leaving a voice mail or emailing us. You can also use the contact form on the website.

Questions?

Please just get in touch! We'd love to hear from you.

Mobile: 07503 634531

Email: hello@essence-cheltenham.org

www.essence-cheltenham.org

Join the journey in 2016:

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Thursday 25 February

Thursday 10 March

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ESSENCE

Being in the present

A journey in mindfulness:
body, mind and spirit

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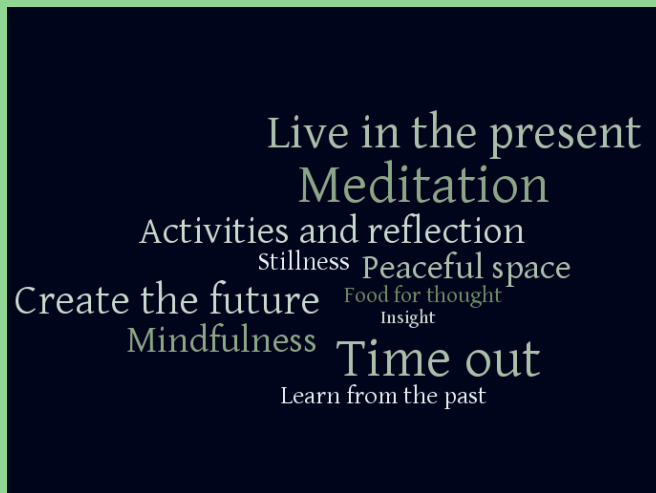


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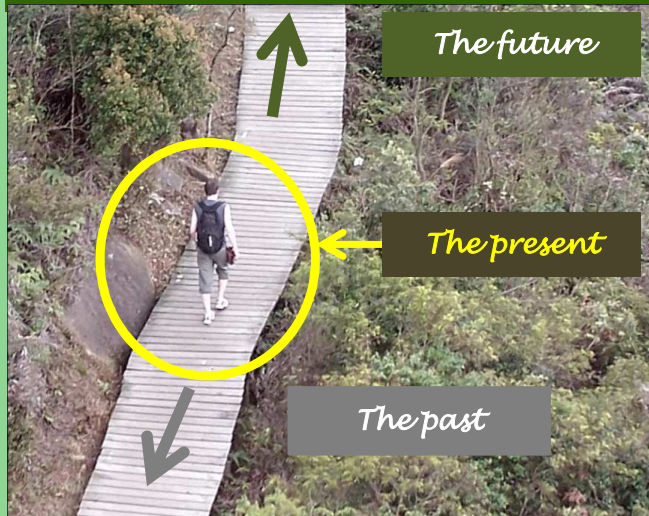
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Essence: being in the present has three Thursday evening sessions (every other week). You will also have the opportunity to engage individually between the sessions as much or as little as you wish.

Each session will have a blend of activities including meditation, video, poetry and music. There will be opportunities to share your experiences or simply listen to the experiences of others. All activities are optional.

The sessions include an introduction to and the practice of mindfulness – growing our awareness and ability to live in the present. And while we practice our awareness of the present moment, we will also explore how we can learn from the past and help create the future.

The content is designed for all who recognise that they are on a spiritual journey and want to travel further, whether they belong to a specific faith community or not.



You will hear a variety of insights to help you on your journey to awareness and well being. As well as insights from fellow participants, there will be sharing from

- Spencer Johnson's best-selling self-help book *The Present: the secret to enjoying your work and life now*
- the facilitators, Sara Shailer and Julie Hill, from their own experiences rooted in the Christian faith. Both Sara and Julie seek to live in the present moment with an open, non-judgemental attitude.

Sara came across mindfulness years ago from reading a book by Jon Kabat-Zinn, the 'father of mindfulness' and subsequently on a pain-management course. She works as a business consultant and facilitator.



Julie works for a charity that supports families in the ups and downs of life, giving her hands-on knowledge of the importance of nurturing ourselves and others in body, mind and spirit.

