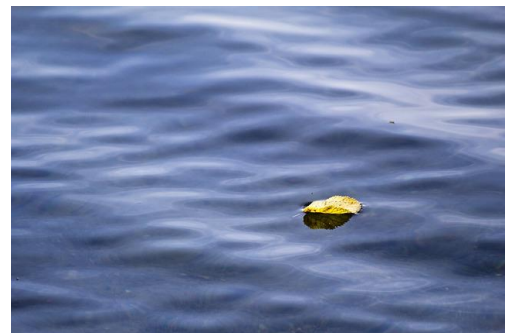


## **In the moment** **- exploring Mindfulness in a Christian context**

### **An invitation to**

those who have some experience of Mindfulness  
and those who have none.

This is a follow up to the sessions in June, September and December  
but you are welcome whether or not you attended those sessions



**Date: Saturday, 6<sup>th</sup> March 2021, 10 am - 12 noon**

**Venue: Online via zoom,  
In a quiet room with a comfortable chair**

The zoom session will be no more than 2 hours,  
but I will leave you with ideas and activities to pursue afterwards,  
either the same day or during the following days.

You will need to book in advance  
so that I can send you the zoom link and other information.

There will be no cost, but you may like to consider an extra donation to your  
local church which will have a reduced income at this time.

For more information or book a place,  
please contact Jan Scott [jan.scott@live.co.uk](mailto:jan.scott@live.co.uk)  
using reference ITMonline 060321  
by 2<sup>nd</sup> March 2021, 12 noon.