## FFRE ACS Manute

Location

# Mindfulness Course

### Mindfulness Meditation course

Mindfulness meditation has been proven of benefit in all aspects of life especially at developing a sense of well being and managing stress and anxiety.It is a practice that is now maintstream i the NHS and used by almost every major organisation with its origins dating back to Buddhist practice. Here at the Jethavana Buddhist Vihara we offer this free of charge, it is completey secular and taught by highly experienced teachers who not only live their lives in Mindfulness and compassion but have trained to teach this over many years.

#### The course: Introduction to mindfulness meditation **Course Dates and Time**

Tuesday 24-11-15 OR Saturday 28-11-15 at 5pm to 6pm-Looking at stress and relaxation Tuesday 01-12-15 OR Saturday 05-12-15 at 5pm to 6pm- Anxiety

Tuesday 08-12-15 OR Saturday 12-12-15 at 5pm to 6pm Improving well being Tuesday 15-12-15 OR Saturday 19-12-15 at 5pm to pm-

Improving well being and Developing compassion for self and others

Venue : Jethavana Buddhist Vihara, 13 Booth Street, Handsworth, Birmingham B21 ONG

Register before on or before 23rd November 2015 Contact: 07952933308 OR 07424015843 Email: sipnara@yahoo.com

### **Directions to Jethavana Buddhist Temple** Location: Jethavana Buddhist Vihara, 13, Booth Street, Handsworth, Birmingham, B2I ONG

Tel no: 01215541466. 07952933308.07424015843



From Birmingham Bus NO: 74 Towards West Bromwich or Dudley Bus N0: 75 Towards Wednsebury Temple is near the Lidi Super Market in Soho Road. When you get downat Lidl Super Market bus stop walk forward 90 feet Then you come across traffic lights go into the Booth street turn on you left you see the Eastern Window company next one is temple

By Tram from Birmingham to Wolverhampton Tram get down at Booth street station walk to Booth Street the towards hill side 400 meters at the end you find the temple.

Metro - Nearest station is Soho Benson

Rail- Nearest railway stations are Smethwick Garlton Bridge am Snow Hill, New Street and Moor Street Statio

West Midlands, West Midlands https://www.freeadsz.co.uk/x-200815-z



Mindfulness Meditation classes. Mindfulness meditation has been proven of benefit in all aspects of life especially at developing a sense of well being and managing stress and anxiety. It is a practice that is now maintstream in the NHS and used by almost every major organisation with its origins dating back to Buddhist practice. Here at the Jethavana Buddhist Vihara we offer this free of charge, it is completey secular and taught by highly experienced teachers who not only live their lives in Mindfulness and compassion but have trained to teach this over many years. The course: Introduction to mindfulness meditation Course Dates and Time Date Day Date Day Time 28-11-15 Saturday 24-11-15 Tuesday 5.p.m.to 6.p.m. looking at stress and relaxation 05-12-15 Saturday 01-12-15 Tuesday 5.p.m.to 6.p.m. anxiety 12-12-15 Saturday 08-12-15 Tuesday 5.p.m.to 6.p.m., improving well being 19-12-15 Saturday 15-12-15 Tuesday 5.p.m.to 6.p.m. : improving well being and Developing Venue : Jethavana Buddhist Vihara, 13, Booth Street, Handsworth, compassion for self and others. Birmingham, B21 0NG, Register before on or before 23rd November

