











FREE Philosophy and Mindfulness Open Evening (26 GBP)



Location **East of England, Hertfordshire**
<https://www.freeadsz.co.uk/x-320081-z>

Enrolments are open now for an introductory evening course in Practical Philosophy, starting in the next few weeks. This highly popular course helps participants to consider ideas from some of the world's great philosophers and to apply the ideas in their daily lives. The aim is to discover practical benefits such as greater efficiency, happiness and reduced stress. The course offers practical guidance in how to bring the mind to rest, to give attention and to spend more time in the present moment – an approach often known as 'mindfulness'. The course is run by the School of Economic Science, which has been running courses locally for over 40 years. No previous experience of philosophy is required and there are no exams. If you think it might be for you, there's a free 'taster' session and a chance to meet current students and tutors at an Open Evening on Tuesday 26 April 2016. The course itself starts on Tuesday 3 May and runs for ten weeks. Find out more at www.PhilosophyInStAlbans.org, by email to click to contact or by calling 01727 867645 01727 8676...(click to reveal full phone number) ;

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