

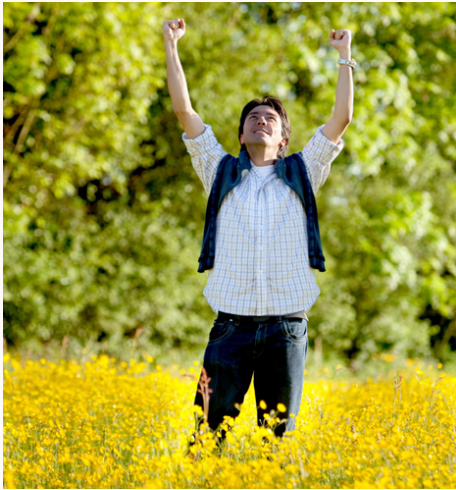
Inspired Training Presents

# A BEAUTIFUL DAY TO NURTURE MIND, BODY AND SPIRIT

SATURDAY 17th JUNE 2017

The Grange, Vicarage Lane, Radcliffe-On-Trent, Notts. NG12 2FB

RELAX . REVITALISE . CONNECT . LEARN . INSPIRE



MINDFULNESS . INNER PEACE . NLP . TAI CHI

## Learn life-changing tools for inner peace and wellbeing

Join us for this transformational workshop led by three outstanding, highly trained and experienced teachers

- Experience the joy of mindfulness with gifted teacher Lydia Weston
- Learn about the power of positive thinking with Therasa McGregor, Neuro Linguistic Programming Trainer
- Practise the wonderful, moving meditation of Tai Chi with Claire Cross

**SATURDAY 17th JUNE 2017**

**Workshop Tickets £65**

**10am-5pm**

**The Grange**

**Radcliffe-On-Trent**

**Notts. NG12 2FB**

**Free snacks, teas, coffees, soft drinks and biscuits available throughout the day**

### BOOKINGS & INFORMATION

Call Lydia 07786 527665 or Therasa 07899 763951

[www.mindfulnessmattersuk.co.uk](http://www.mindfulnessmattersuk.co.uk)