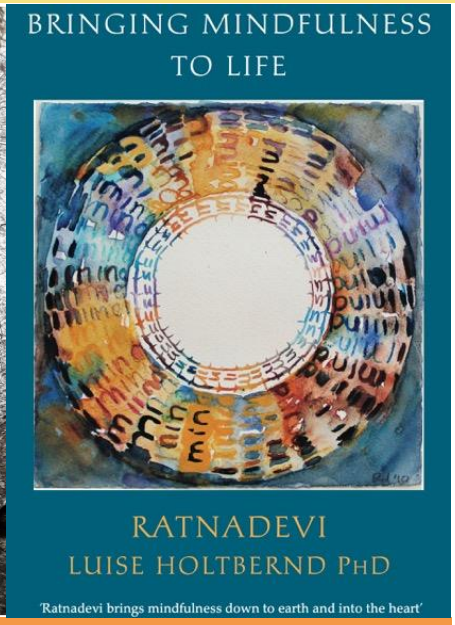
Bringing Mindfulness to Life

Day Workshop on Sun 6th November 22, 10am – 5pm



Ratnadevi offers a nourishing and stimulating workshop/ retreat related to themes of her new book.

You will get the chance to glimpse the world anew through her sensitive perspective and you will emerge all the richer for that. Vidyamala

If you want to take your mindfulness practice deeper, and widen it into new areas, then Ratnadevi is an experienced and engaging guide. Vessantara

Explore connections between mindfulness practice and art and creativity, food and everyday living, communication and relationships, nature and how we live on this planet Earth. Vajragupta

- **Stop and rest, and appreciate the goodness of life, despite it all.**
- **Connect with your heart-felt values and gain new perspectives on familiar themes of everyday life.**
- **Enjoy the felt sense of interconnectedness with the group and all life.**
- **Gain confidence to stay present and resourceful in the midst of difficult situations.**
- **Gain clarity about what you can do in solidarity with others, to make positive changes for yourself and our world.**

A flow of a range of meditations, mindful movement, readings and engagement with others. Ratnadevi is a highly experienced Buddhist teacher, mindfulness trainer and coach.

At the Glasgow Buddhist Centre , 72 Berkeley St., Glasgow G3 7DS, cost: £70/ £90/ 110

Booking: www.livingmindfulness.net.

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