



Mindful Living

# Mindfulness Course

**8 weeks £235**

**Starts Tuesday 21st October 6.30pm to 8.30pm**

**[www.mindfulliving.london](http://www.mindfulliving.london)**

**The Barn Martyn Lodge Kingston Lane Uxbridge UB8 3PN**

**Contact Mindful Living to book a place**

**Tel: 020 3597 2938**

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