

Monthly Meditation Drop-ins hosted by trained mindfulness teacher

Experience the supportive energy which comes from meditating as a group. Consolidate or re-energise your practice alongside others. Enjoy the expert guidance of a trained mindfulness teacher.

Open to anyone who wishes to join in, whether you are a seasoned or budding meditator, whether you have attended a mindfulness course before or meditate with an app on the go,

I will host a 1h30 session on the following dates:

Saturday 17th March

No session in April

Saturday 19th May

Saturday 16th June

Time: 11 - 12.30

Where: 1 Criffel Avenue, Streatham Hill, SW2 4AY

Cost : free - but suggested donation of £5 - £10 to subsidise access to mindfulness courses for low earners.

These sessions are offered as drop-ins, so no need to book for the whole series. Come whenever you like.

Proposed structure (this is flexible and can evolve in response to your needs and wishes):

I 'll be guiding a sitting practice which might vary from month to month, followed by walking meditation or movement practice and a short silent unguided practice. For the last part, I will be facilitating a sharing space around our practice and if there is time bring in in a theme for reflection.

If you are interested, please contact me before coming so that I am aware of what number of participants to expect.

By e-mail on: dominique.girardini@lineone.net

Or phone on: 0794 127 2402