



Adult Learning in Eden

Title	Start date	Weeks	Time	Venue	Fee (Full)	Fee (concession)
A Mindfulness-based Approach to Healthy Eating *	22.09.21	1	14.00 – 16.00	Online	£10	£5
A Mindfulness-based Approach to Moving *	29.09.21	1	14.00– 16.00	Online	£10	£5
A Mindfulness-based Approach to Sleeping *	06.10.21	1	14.00– 16.00	Online	£10	£5
A Mindfulness-based Approach to Relaxing *	13.10.21	1	14.00– 16.00	Online	£10	£5
Positive Thinking and Self-esteem	14.10.21	5	13.15– 15.15	Eden Foyer	Free	Free
Assertiveness and Decision-making	02.11.21	6	13.00 – 5.00	Online	Free	Free
Introduction to Mindfulness	15.12.21	1	14.00 – 16.00	Online	Free	Free

*** To enrol on this course you must have previously attended Introduction to Mindfulness**

To book a place, please contact us at:

Adult Learning in Eden

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