

Mindfulness Teaching : Discussion Meditation : Creative Exploration

“I feel so free and rejuvenated during Happy Art, all of my worries and stresses melt away as I give permission to myself to do something for me, guilt free”



Relieve anxiety and strengthen your ability to combat negative thoughts. Promotes a healthy lifestyle and a sense of well being

£5

10:30 - 12:30

Every Last Tuesday of the month

Holistic Arts Practice for Peace in Yourself

Please call Helen on 01530244914 or email hello@shuttlewood-clarke.org to book your place

Ulverscroft Activity Centre

Priory Lane, Ulverscroft,
Leicestershire, LE67 9PH



**Shuttlewood
Clarke
Foundation**

Registered Charity 803525

Call Rosanna to book your
H.A.P.P.Y Art event/
programme
at your venue

07429 398085

www.rosannamonachello.co.uk

