

# Mindfulness Meditation and Visualisation for Health and Well-being

with **Glenn Pennington** UKCP Reg M.A. RMN

**2011 Courses :** Wednesdays 09.45–11.45 and 20.00–22.00

2<sup>nd</sup> Feb to 23<sup>rd</sup> Mar      Fee: £60 per course

4<sup>th</sup> May to 22<sup>nd</sup> Jun

5<sup>th</sup> Oct to 25<sup>th</sup> Nov



*Learn how to use meditation and visualisation to alleviate stress and profoundly reduce the symptoms of conditions such as anxiety, depression, problematic anger and chronic pain.*

*No previous experience is required, a sense of humour is appreciated and beginners are very welcome. All participants will have the opportunity for informal discussion and questions.*

*Each course is sufficient in its own right to teach you how to meditate. However, if you choose to attend more than one course, you will learn something new during each one to improve your overall knowledge and broaden your meditative experience.*

***Please ring Glenn Pennington on 0798 499 5041 to reserve a place on a course. Then complete and return the Booking Form below with your cheque to:***

*Glenn Pennington c/o The Upminster Sanctuary, Pea Lane, Upminster, RM14 2XH*

---

## Booking Form

I would like to attend:

**Mindfulness Meditation Course**

8 weeks commencing (please insert date and time) :

**Name:**

**Address:**

**Postcode:**

**Telephone:**

**Mobile:**

**Email:**

***I enclose cash/cheque for: £***  ***(£60 per course) made payable to Glenn Pennington***

**Signature:**

**Date:**