

Reconnect & Flourish

Sunday Afternoon Retreats: offering you the chance to experience a variety of mindfulness meditation and movement sessions. It is designed to engage your mind & body, thus creating a space in which to flourish.

These retreats follow a format of alternating between practice sessions and exploration of practice through enquiry. This format enables you to ease into a deeper connection and awareness of your body and mind; through movement & stillness and silence & dialogue.

By providing space away from everyday life, we allow ourselves the possibility of letting go of busyness. This offering of combining **movement**; through Pilates/Olit & Do-in self-massage, and **stillness**; through mindful meditation invites connection and flourishing. The afternoon offers ample time to rest and share refreshments between practices too.

Times: 1pm – 5.30pm on the last Sunday of every second month.

Upcoming Dates: 28th July, 29th September, 24th November 2019.

26th January, 29th March, 31st May 2020.

Cost: £45 per person per retreat, including refreshments. *(You need to pre-book your place/s. Discount offered £5 off each retreat if you book more than one place / retreat).*

How to book: Please email: **Marica** movement4yourhealth@gmail.com

Helen helen@shropshiremindfulness.co.uk

Marica Sarcina runs **Olit for the Body & Mind** (www.olit-holistictraining.com) and is a well-being and physical education teacher/trainer. She specialises in many holistic massage and movement practices, such as Shiatsu, Shin Tai, Do-in, Pilates, Olit, to name but a few. She teaches classes & individuals in a range of Shropshire-based gyms and on a private basis too.

Helen Marsh runs **Shropshire Mindfulness** and is an experienced & advanced level mindfulness teacher. She has trained extensively through Bangor University CMRP. She teaches mindfulness in educational and workplace settings. She is a teacher / trainer for mindfulness in schools (MiSP), The Present and Telford & Wrekin Community Learning. She is listed with the UK Mindfulness Network and supports trainee teachers as a mentor and supervisor.

Venue: Shrewsbury Buddhist Centre, Castlefields, Queen St, Shrewsbury SY1 2JU

