

Mindfulness Class



Mindfulness is a very simple form of meditation. It teaches people how to be present in the moment and break away from negative thought patterns that exacerbate stress, anxiety and depression. Giving people the tools to replace negative thought patterns with positive.

About this Activity

The class is FREE and held in-person (limited to 8 spaces) and on Zoom every Thursday from 3pm to 4pm.

Supported by




Cloudesley

 Date

Every Thursday

**Thu,
2nd Nov
2023**

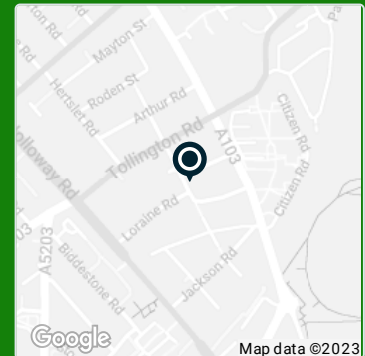
 3:00pm - 4:00pm

 Price

Free

 In-Person

**Stress Project Therapy
Centre
2 Shelburne Road,
London
N7 6DL**



 Online

Zoom