

Yoxall Mindfulness and Meditation Group

This Yoxall-based Group was formed in early 2023 by Mike Jeffries who runs a range of 'Mind Awareness' initiatives including Retreats, Workshops, talks at events, 1 – 1 general mental wellness support and other developments.

This informal Group meets approximately every 2 - 3 weeks for one and a half hours to learn about, develop and apply the concept of 'mindfulness'. Informal discussions follow Mike's guided meditations which utilise a range of enhancements (e.g. sounds of the natural world, music, visual images or focused meditation topics).

If you are interested in joining this Group, contact Mike on **07973-622441** or via e-mail: mikejeffries@compuserve.com



Other up-coming Mind Awareness Initiatives:

'Connecting Mindfully with Nature' – a 2-hour workshop at Forest Harvest, Woodmill Workshop, Dunstall Lane, Hadley End, Yoxall.

'Beyond Yoga! – an exploration of wider mind-body approaches to wellness'. Sunday 3rd September; 10.00a.m. - 3.00p.m. at The Deer Park, Hoar Cross.

The 8th Mind Awareness Retreat – a residential, 3-day/2-night small group Retreat in Butterton village in the beautiful Derbyshire Dales. October 6th – 8th (see web-site: mindawarenessretreats.com)