

(6-week course),
Woking

Mindfulness Hour

The group will start with a check in with 3 words on how you are currently feeling and then undertake a guided mindfulness meditation and then will check out with 1 word. Will have the opportunity to have a drink and time to refocus.

What you need: Comfortable, warm clothes, pillow and/or blanket
(optional)

Not a place to discuss mental health. A group for relaxation and reflection

Tension and stress • Clear your mind • Self-compassion • Reduce stress and anxiety • Acceptance and letting go • Being present

Scan the QR code or visit the website below to view our group timetable for up to date times and locations.



catalystsupport.org.uk/activity-timetable/



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