



# STARTING APRIL THE HEARTFULNESS PROJECT PRESENTS

## An Innovative 10-week Mindfulness Course

Come and join us for an embodied exploration of how to "get into the green". What and where is this magical place? The green mode of mind is when we are at our most creative, connected and content. This is in contrast to the red mode, when we feel pressured, stressed, under-valued and unsafe. The red and green modes are incompatible but fortunately, there are many ways you can get into the green. Developing your knowledge and skills through practice, you can increase your confidence to intentional move into, and stay in, the green mode of mind.

<https://www.mindfulnesscentreofexcellence.com/release-the-pressure-heartfulness-comes-to-the-city-of-london/>

**10-week course,  
Wednesday  
evenings**

Commencing 25th April 2018  
(April 25th, May 2nd, 9th,  
16th, June 6th, 13th, 20th,  
27th, July 4th, 11th)

Central London Venue (tbd)

Integrating mind, body and  
heart.

Using the latest scientific  
evidence to promote  
wellbeing

There will be gentle movement (tai  
chi) as well as sitting meditation. No  
special clothes necessary and all  
levels welcome.

**MINDFULNESS CENTRE  
OF EXCELLENCE**

[www.mindfulnesscentreof  
excellence.com](http://www.mindfulnesscentreofexcellence.com)

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