

MINDFULNESS & WELLBEING PROGRAMME



THE TRAINING CENTRE
by Aspire



A FOUR-PART EXPERIENTIAL PROGRAMME FOCUSING ON MEDITATION, REFLECTION AND DISCUSSION. INCLUDES A WORKBOOK AND VIDEO RECORDING OF PRACTICES FOR PARTICIPANTS



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View bios



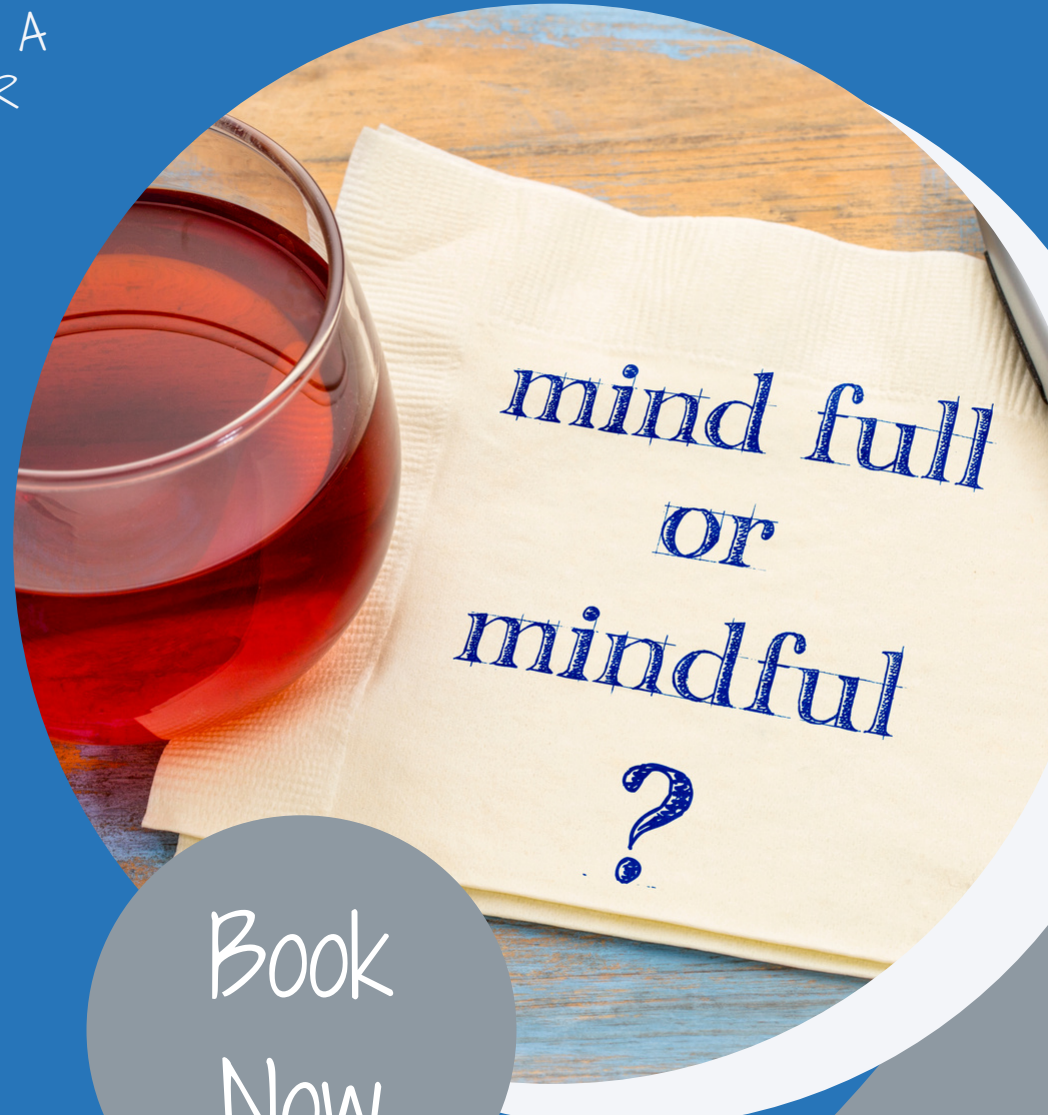
5:00pm - 6:30pm



Live Virtual



Thu 03 Nov 2022
Thu 10 Nov 2022
Thu 17 Nov 2022
Thu 24 Nov 2022



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