

Merry Mindfulness



To bring some light into that liminal space twixt
Christmas Day and New Year's Eve
you are invited to a

FREE

Qigong session starting at 12 midday on
Thursday 28th December here at Mill House Farm -
followed by a celebratory shared lunch.

Jeanne and I will provide a soup, and if you could bring
some of your Christmas feasting leftovers (or freshly
prepped fare) to share then we can while away the rest
of the afternoon enjoying each other's company - and
food.

Please let me know if you are coming to this gathering
of friends, mindfulness practitioners, T'ai-Chi and
Qigong-ers by emailing me, taichi@sueweston.com, or
call on, 01600 780271, 07962 798779, soonest.

Many thanks.