



**BACK TO THE
ROOTS**

McMINDFULNESS REVOLUTION

WHAT WOULD BUDDHA HAVE SAID?

ENJOY A FREE EVENING

of exploration, discussion & meditation
with Bryn Jones & Paul Wielgus

How might the gentle, ancient tradition of mindfulness be elegantly embraced in the fast-paced, modern world?

THURSDAY 14TH JANUARY 2016, 19.00-21.00
FROME MEMORIAL THEATRE - THE ASSEMBLY ROOMS

(Back of Frome Memorial Theatre, Christchurch St W,
Frome BA11 1EB)



Paul lives locally, using mindfulness in his coaching and facilitation work with both national and international businesses.

Joining Paul for this special launch event will be ex-Buddhist monk and Psychotherapist, Bryn Jones.

Bryn was ordained and lived as a Buddhist monk in Malaysia for seven years. He is now a London-based Psychotherapist, who combines creative reflection technique and mindfulness in his clinical practice.



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For further information, please contact Paul on
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www.medicineforahappy life.co.uk

Any funds raised will be directed to our favourite charity, www.reboottheroots.org.uk

**VISIT WEBSITE FOR DETAILS OF OUR FOLLOW-ON COURSE
STARTING 28 JANUARY 2016**