



**Dragonfly**

COACHING FOR LIFE

# Medicine For A Happy Life

Mindfulness Workshop for Joy, Presence and Resilience

**A DAY OF MINDFULNESS PRACTICE  
WITH PAUL WIELGUS**

**FRIDAY 4 DECEMBER 2015, 10AM - 4PM  
LONDON CENTRE FOR MINDFULNESS**

Paul has been a meditator for over 20 years and brings his vast experience in this field into his international work as both a Coach and Facilitator. Paul is also a skilful meditation teacher, regularly teaching meditation and mindfulness to groups in Somerset where he lives with his partner Ros.

**Cost for the workshop is £99**

The workshop will be held at:  
London Centre For Mindfulness,  
(Jamyang Centre), 43 Renfrew Road,  
London SE11 4NA

Numbers are limited so please book early to ensure a place.

**For further information, or to book your place, please contact Paul on  
07974 254355 or email [paul@dragonfly-coachingforlife.co.uk](mailto:paul@dragonfly-coachingforlife.co.uk)**

**[www.dragonfly-coachingforlife.co.uk](http://www.dragonfly-coachingforlife.co.uk)**

