



Dragonfly

COACHING FOR LIFE

Medicine For A Happy Life

Mindfulness Workshop for Joy, Presence and Resilience

**A DAY OF MINDFULNESS PRACTICE
WITH PAUL WIELGUS & ROS BOUGHTFLOWER**

**SATURDAY 3 OCTOBER 2015
10AM - 4PM AT THE LIGHTHOUSE, FROME**

Paul and Ros have been meditating for over 20 years. Both are skilful meditation teachers, regularly teaching meditation and mindfulness. Paul is an experienced Coach, Facilitator and Meditation Teacher and makes mindfulness and meditation a key aspect of his life and work. Ros is a teacher at the London Centre for Mindfulness and regularly teaches MBSR courses.

Cost for the workshop is £25

The workshop will be held at:

The Lighthouse, Tytherington

Frome, Somerset BA11 5BW

(Visit www.lighthouse-uk.com for more details and directions)

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**

www.dragonfly-coachingforlife.co.uk