



A Day of Mindfulness
with *Catherine McGee*
Understanding the Dance of the Heart

Dedicating a whole day to cultivating mindfulness and compassion is a beautiful opportunity to deepen and strengthen our practice. Instead of our usual running around and getting things done, we practice the art of slowing down and tuning in -- bringing our curiosity to the body, mind and heart as they change and unfold throughout the day.

This event is being lovingly offered and organised by the Richmond, Twickenham, and Kingston Mindfulness Meditation Groups.

Date: Saturday, October 29th

Time: 10:00am-4:30pm (Registration from 9:30am)

Venue: St. James Parish Hall,
29 Radnor Road,
Twickenham, TW1 4NE
(Map: <http://streetmap.co.uk/map.srf?X=515773&Y=172867&A=Y&Z=110>)

Cost: £8 Concession, £12 Standard, £16 Sponsor

Lunch: Please bring something for our shared vegetarian lunch. Tea and coffee will be provided.

Please bring your own meditation cushions or stools. Chairs will be provided. This venue tends to be on the 'chillier' side so wear layers or consider bringing along a blanket.

Dana: *In the Buddhist tradition the teachings Catherine offers on the day will be given freely as they are considered 'priceless.' Dharma Teachers who make their livelihood in this way rely on voluntary offerings to support their ongoing teaching and day to day needs. This 'dana' or generosity is a meditative practice in and of itself, a loving gift that springs from our deep gratitude for the path as well as a reflection on our interconnectedness and interdependence. At the end of the day you will be invited to offer a voluntary financial contribution to Catherine. Please give generously!*

Online bookings: Follow this link to order through brown paper tickets:

<http://www.brownpapertickets.com/event/2598022>

Postal bookings: For those who don't have access to the internet payment can be sent to:

[Andrea Hosfeld, 78 Craneford Way, Twickenham, TW2 7SQ.](mailto:andrea.hosfeld@gmail.com) -- Please include your name, address,

telephone number and a cheque made out to the Twickenham Mindfulness Meditation group. **Contact**

Andrea with any queries at andrea.hosfeld@gmail.com or 07940816650.

(We usually have long waiting lists so we regret we cannot accept payments on the day and are unable to hold reservations without payment longer than 48 hours.)

For more information, booking forms or terms and conditions please go to:

<http://www.kingstonmeditation.org.uk/> or <http://www.richmondmeditation.org.uk/> or
<http://twickenhammindfulness.com/>