

Mindfulness in The Rose Garden

Fridays' 9:15– 10:15

Come reconnect with yourself and revitalise your spirit in the beauty of the Rose Garden. Introducing Mindfulness practices and tools to engage more fully with life's abundance. Discover new ways to respond to stress and difficulty with more ease.



All levels welcome

Martine Nates is a qualified Mindfulness teacher trained through Bangor University and a member of BAMBA. She is also an experienced Acupuncturist and Herbalist.



**Cultivate awareness,
presence, joy and
resilience**



Where: The Summer House,
Bushey Rose Garden, High St
Bushey.

When: starting 10th July
Fridays' 9:15– 10:15 am

Cost: £6.00 per session

For more Information and to
book your place, contact
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www.nurturinghealth.uk