



Mindfulness and Meditation

January 2022

Free ONLINE course for Hertfordshire Residents

Start 2022 with a goal to achieve a positive mindset by joining George Enaid as she guides you into appreciation, stillness and relaxation.

George will guide you into self-care, self-love, and take you on the journey to achieving that positive mindset.

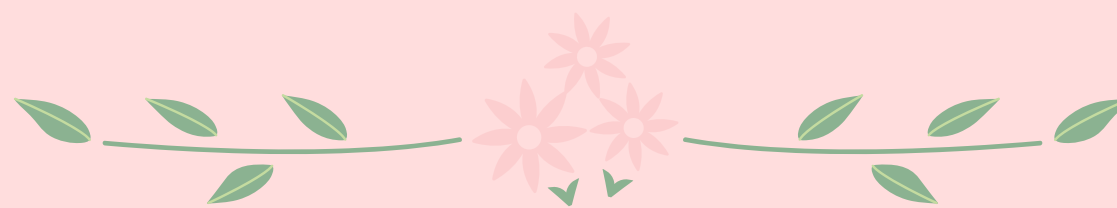
Bringing awareness to the body, and connecting the mind through nature.



Starting Sunday 16th January to
6th March

10am to 11am

Fully funded course for
Hertfordshire residents.



“This course was amazing, it really helped me with breathing, meditation. George has been extraordinary great, she helps to find yourself. I highly recommend this course, especially at this period in life.”
(Katty)



Hosted on a private Facebook group.

All participants must have a Facebook account and an email address.

[Click here to enroll](https://www.creative-learning.org.uk) or visit our website
www.creative-learning.org.uk

email: learning@communityactiondacorum.org.uk or call
01442 253 935



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