

Advance notice & earlybird booking:

MINDFULNESS IN WALES

September 19th 2009 at The Park Inn, Cardiff
9am (for registration) – 5pm
Lunch & refreshments provided



► Mindfulness in Wales

The aims of this one day event are to provide a space for both discussions of and experiences of Mindfulness in practice here in Wales. As well as core presentations and workshops, there will be opportunities to join in small and larger groups to facilitate future networking and community development (both geographically and interest based).

► Provisional Programme:

Registration and community formation.

Introductory presentations from:

Jody Mardula (Director – Mindfulness Based Research Centre, Bangor University) & Eddy Street (Clinical and Counselling Psychologist).

Plus an Interactive Community Forum which will run throughout the day

Plus a diverse range of workshops including those from Breathworks – Cardiff, The Sesame Institute, Sue Roberts – Core Process psychotherapist (and other workshops/events – final details tbc).

There will be an optional, participatory closing event – further details to follow.

The confirmed conference programme and workshop selection sheet will be to you sent closer to the date.

A Bookstall will be available and various local organisations will host informational stands and stalls.

► Venue: The Park Inn, Cardiff City Centre

Located opposite the CIA, this comfortable venue is ideally placed for both Cardiff Central & Queen Street stations. Parking is available at the hotel but if demand should exceed space then a reduced rate of £5 per day has been arranged with the local NCP car park. Accommodation can be booked directly with the hotel if required.

YES! I would like to attend & I enclose a cheque for £ _____ Made payable to WPP Ltd
*Cost £95. Earlybird rate £85 Before 31 July 2009 (plus 10% discount for students/ WPP members)

No, not right now, but keep me in mind for future events

Name: _____

Address: _____

Telephone: _____

Email: _____

If you are planning to attend, do you require a vegetarian lunch? Yes No

For Data Protection Purposes may we include your details on a list of delegates? Yes No

Receipt and Certificate of Attendance to be sent by email. If you have any special requirements for these events, please contact WPP directly. We will do our best to accommodate your needs.