



How does it feel to have no place to escape to when you feel frazzled, stressed and pressurised by the day-to-day?

How many times have you said:

“If only I could take a breath and think clearly!”
“If only I could be less stressed, less rushed, less in a hurry!”
“If only I could stop the mind-chatter for just one minute!”

There is a way to break away, recoup your strength and become able to face your challenges with renewed energy, calmness and humour.

Welcome to the “If only” buster: Meditation!

Come and find out how meditation can do these things for you and a lot more besides...

You can call me for an informal chat without any obligation on:

01737 352351

or visit my website:

www.thehealingpond.com

I really hesitate to use the word meditation; it conjures up the picture of a bearded wise man sitting cross-legged high on a mountain top...

Well, I don't know about you but I am not a wise man on a mountain! I am just like you - caught up in life and work, looking for more tranquillity and calm in my life. Using meditation as a guide on my journey I am continuously learning to do it better! I invite you to take this journey, too: I invite you to use meditation to find the answers to your questions.

What can I do for you?

My meditation workshops are geared towards busy people who want to find some calm and serenity. I will show you how you can achieve a peaceful and clear state of mind. In doing so you can perceive situations more clearly, achieve a better understanding of problems and let go of stress and anxiety.

Then as your confidence grows, you will re-discover your creativity, concentration and good humour.

So email me eleana@thehealingpond.com or call me on **01737 352351** to book your next round of meditation classes and discover for yourself this powerful relaxation tool.

Course details:

The courses take place in relaxed and tranquil surroundings at 36 Tumblewood Rd, Banstead SM7 1DX. You can bring along a favourite shawl or wrap and, as some participants do, even a pair of slippers!

<p>Tuesday Evenings 7-8pm SUMMER Aug'06: 22nd, 29 Sept'06: 5, 12, 19, 26 Oct'06: 3, 10, 17</p> <p>AUTUMN Oct '06: 31 Nov'06: 7, 14, 21, 28 Dec'06: 5, 12, 19</p>	<p>Wednesday Evenings 7-8am SUMMER Aug'06: 23, 30 Sept'06: 6, 13, 20, 27 Oct'06: 4, 11, 18</p> <p>AUTUMN Nov'06: 1, 8, 15, 22, 29 Dec'06: 6, 13, 20</p>	<p>Thursday Mornings 10-11am SUMMER Aug'06: 24, 31 Sept'06 7, 14, 21, 28 Oct'06 5, 12, 19</p> <p>AUTUMN Nov'06: 2, 9, 16, 23, 30 Dec'06: 7, 14, 21</p>	<p>Saturday Mornings 10-11am SUMMER Aug'06: 19, 26 Sept'06: 2, 16, 23, 30 Oct'06: 7, 14, 21</p> <p>AUTUMN Nov'06: 4, 18, 25 Dec'06: 2, 9, 16, 30</p>
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Meditation should fit into your life, so if you miss a session, you can catch up in the next session, as long as there is space available. (For example, if you miss a Tuesday evening, you can come in the Saturday morning of the same week). Please call me in advance to check on **01737 352351**.

Payment: £48 for every six sessions payable in advance, cash or cheque made payable to E. Needham

N.B. We reserve the right to cancel any workshops at short notice if attendance numbers are low. In this case a full refund will be available.

BOOKING FORM

Please return this slip with your payment to E Needham, 36 Tumblewood Road, Banstead SM7 1DX.

I would like to attend the following meditation workshop/s and I enclose a cheque of _____ as full payment for _____ sessions (£8 per session) payable to E Needham.

Tick as appropriate: Tuesday evenings 7-8pm Wednesday evenings 7-8pm
 Thursday mornings 10-11am Saturday mornings 10-11am

Payments must be received in advance and preferably one week before the sessions commence.

Name _____ Address _____

Post Code _____ Email _____

Phone _____ Mobile _____

I would like information on future workshops: By post By email

Meditation sessions can be organised outside the above times - please call or email for details.