



Mindfulness and Psychological Healing

a Christian Perspective

MIRFIELD CENTRE



The course leaders have been exploring the links between spirituality, meditation and psychological healing for some years. In recent times, mindfulness has proved a useful bridging concept between these different areas. The workshop will use discussion and experiential exercises to explore how 'looking at our experiences from a different place' can help to detoxify problems such as anxiety, worry and stress and how religious communities in particular might incorporate such strategies into efforts to develop 'healthy churches'.

Saturday 13th May 2017

Led by

Dr Frank Wills and Canon Wendy Wilby

£20.00 (including lunch and refreshments)

10.00am-3.30pm

To book or for more details, contact:

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