

Kingston, Richmond and Twickenham Mindfulness Meditation Groups  
invite you to a



# Day of Mindfulness



With Dharma Teacher

**Jaya Karen Rudgard**

This day is suitable to all levels of Mindfulness Practitioners. We practice slowing down on the day so that we bring mindful attention to our everyday activities such as sitting, walking, eating speaking and listening. This builds our resilience and capacity to deal with our daily life pressures in a calmer and measured way.

- Date** 23<sup>rd</sup> April 2016 (Saturday)  
**Time** 10:00 – 16:30  
*Registration from 09:30*  
**Venue** Kingston Quaker Centre  
**Map** <http://www.kingstonmeditation.org.uk/where-we-meet-2/>  
**Cost** Sponsor £16; Standard £12, Concessions £8  
**Lunch** Please bring vegetarian lunch/refreshments to share

***Please bring your own meditation cushion or stool. Chairs will be available. Tea and coffee provided.***

**DANA:** In Buddhist tradition teachings are given freely from the heart as they are considered priceless. Buddhist Dharma Teachers continue this tradition and rely on voluntary offerings -to support their ongoing teaching and livelihood. This is *Dana*, it can be translated as 'generosity' and it is given from the heart in recognition of our interconnectedness and interdependence. Your generosity is a gift that supports not just the teachers, but also your own practice. So at the end of the day you will be invited to offer a voluntary financial contribution to Catherine - please give generously!. The fee you pay contributes to the running costs of the day only.

**Online Bookings:** <http://23aprildom.bpt.me>  
**Postal Bookings:** Please send cheque payable to RMMG  
Please direct queries to Rehana Harilall 02089401874 [rehena@evolve-ltd.com](mailto:rehena@evolve-ltd.com)

More information, and booking forms and terms and conditions available  
<http://www.kingstonmeditation.org.uk/>  
<http://www.richmondmeditation.org.uk/>  
<http://twickenhammindfulness.com/>

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DOM; 23<sup>rd</sup> April 2016, Kingston

Cheque bookings: Please return this slip with cheque, -made payable to RMMG, to *Rehana Harilall, 9 St James's Cottages, Richmond, TW9 1SL.*

*Terms and conditions of booking and receipt of payment provided on provision of email details.*

<b>Name</b>			
<b>Address</b>			
		<b>Post Code</b>	
<b>Tel No</b>			
<b>Email</b>			

*Please provide your email address to receive confirmation of place. We usually have long waiting lists for our mindfulness days, so we regret we cannot accept payments on the day and are unable to hold reservations without payment longer than 48 hours. Unfortunately, we are unable to accept cash payments*