

# Sensing the Seasons

A 60 minute guided Mindfulness walk through Witton Dene,  
suitable for most abilities

**Next walks**

**Fridays:**

**26<sup>th</sup> October**

**30<sup>th</sup> November**

**28<sup>th</sup> December**

**2018**

**Last Friday of  
every month**

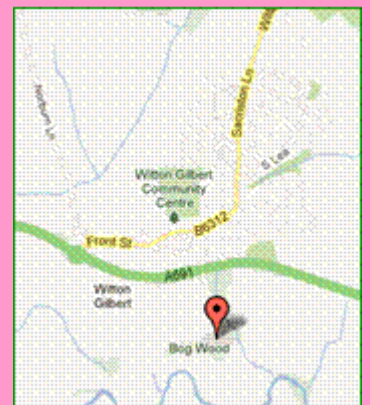
**10-11am**

**Refreshments  
available**

*Whatever  
the weather,  
come prepared.*

MLeWallpapers.com

**Meeting place:  
St Michael and All Angels  
Church, Coach Lane,  
Witton Gilbert, DH7 6SX**



**To find out more, contact Gillie**  
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**<http://www.breathingspace.org.uk/>**