



THE WRIGHT FOOT FORWARD

reflexology • hypnotherapy • mindfulness



GARDENING FOR THE MIND WORKSHOP

Wednesday June 6th 10am-1pm

Churchside, St John's Road, Crowborough, TN6 1XW

- ✓ A unique workshop blending the wellbeing benefits of Mindfulness and Gardening
- ✓ Learn how to cultivate the seeds of self-care
- ✓ Nourish your mind in nature
- ✓ Take away a potted planter!



✓

Investment £25

To book call Caroline: 07855 731416 or Alison: 07803 045327

Refreshments included