

**"Peace does not mean to be in a place of no noise, trouble or hard work. It means to be in the midst of these things and still be calm in your heart"**

Anonymous

When we experience peace of mind we are experiencing a state of mental and emotional calm, a freedom from worry and anxiety. This is associated with our sense of wellbeing and happiness.

With each day bringing an inevitable mix of experiences: some good, some hard and some mundane, living with peace of mind can often feel quite challenging. Getting to know, understand and manage our experiences can be key to living well, feeling good and appreciating life.

The Know Your Mind course is an opportunity to have some time for you. To support your peace of mind in an environment free from responsibilities, pressures, expectations and judgements. Time spent in this way can improve immunity, self-belief and resilience.

**"Promise yourself not to try and solve all of life's problems at once"**

Anonymous



The course builds week-by-week developing an understanding of how our habits, thoughts, emotions, attitudes and lifestyle choices impact on our life and how we can work with them.

The sessions are designed to be enjoyable, practical and applicable regardless of age and circumstance. 6 consecutive weeks. 2 hours a week.

For more information and reviews visit:

[www.mudandlotus.co.uk](http://www.mudandlotus.co.uk)

**"Dwell in possibility"**

Emily Dickinson

