

**"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

Peace of mind is a state of mental and emotional calm, a freedom from worry and anxiety. Well-being and happiness are linked with our state of mind.

Each day brings an inevitable mix of experiences: some good, some hard and some mundane. The Know Your Mind course is an opportunity to cultivate peace of mind and support well-being.

**"Dwell in possibility"**

Emily Dickinson



- 🌸 A 6-week course. 2 hours per week:
- 🌸 Get to know habits, thoughts, emotions, attitudes and lifestyle choices
- 🌸 Develop ways to relate well to all our experiences.
- 🌸 Enjoyable, practical and applicable regardless of age and circumstance.
- 🌸 Make the time and improve health, happiness and resilience.

For more information and testimonials visit:

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

or contact [jill@mudandlotus.co.uk](mailto:jill@mudandlotus.co.uk)

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

Anonymous

