

## **"If I have made any valuable discoveries it has been owing more to patient attention than any other talent"**

Sir Isaac Newton

One of life's most valuable lessons is the art of living with patient attention. By pausing regularly, we can live with more awareness and appreciation supporting well-being now, and for the future.

The Know Your Mind course is an opportunity to make time for you with the option to teach your students in the future. Learn to live in ways that naturally build resilience, empathy and confidence.

## **"Knowing others is wisdom, knowing yourself is Enlightenment"**

Loa Tzu



- 🌸 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.
- 🌸 Improve self-esteem and resourcefulness.
- 🌸 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)

## **"I dream of things that never were and I ask "Why not?!"?!"**

George Bernard Shaw

