

**"We can't solve our problems with the same kind of thinking we used when we created them."**

Albert Einstein

Our mind affects us all, regardless of age, status, religion or gender. It influences how we feel about life and affects well-being.

Social norms and the endless flow of stimuli often allow little time to appreciate the moment and unwind effectively. 'Know Your Mind' can enrich your life now, and for the future, improving life balance, health and appreciation.

**"Life is what happens while we are busy making other plans."**

John Lennon



- 🌸 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.
- 🌸 Life balance can take time and intention to cultivate.
- 🌸 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)

**If not now, when?!**

The Talamud

