Adult Learning

Introducing Mindfulness



Thursday 22nd October 2026

FREE ONLINE SESSION

18:30 – 20:30

Once an Introduction session has been completed you are then able to enrol on further workshops and longer Mindfulness courses

Led by our fully qualified Health & Wellbeing tutor

This workshop is designed to give you an introduction to Mindfulness. Covering the basic theoretical concepts and incorporating practical exercises. You are invited to start to explore and experience the practice of focusing the attention on the present moment.

ENROL NOW!

adultlearningcumbria.org

Search under the heading Health and Wellbeing. You can then complete an online enrolment form. Or speak to one of the Penrith Adult Learning Team on **07468709606** or email penrithadultlearning@westmorlandandfurness.gov.uk

Cumberland Council

Westmorland & Furness Council

Working for **Cumberland Council** and **Westmorland & Furness Council**