

Bromley Mindfulness Class Calendar - May 2021

Syllabus topic for the month is - Loving Awareness - Times are London UK

Please note that all times can only be provisional as they are subject two amendments from a wide variety of sources over which I have no control. I will do my best to keep you up-to-date with any changes. **Sign up for the newsletter to be informed.**

		In-Person Classes			Online			
Day	Date	Venues	Meditation Class Times	6-Week Course Times	Loving Awareness Course	The Meditation Course	Public	Class Topics
Sat	May-01				11:00 am			Emotional Regulation
Sun	May-02				7:00 pm			Sunday Evening Meditation
Mon	May-03							
Tue	May-04							
Wed	May-05				7:45 pm			Loving Awareness - Connection to Others
Thu	May-06				7:00 pm	7:00 pm		Loving Awareness - Connection to Others
Fri	May-07							
Sat	May-08				11:00 am			Emotional Regulation
Sun	May-09				7:00 pm			Sunday Evening Meditation
Mon	May-10							
Tue	May-11							
Wed	May-12				7:45 pm			Loving Awareness - Connection to Others
Thu	May-13				7:00 pm	7:00 pm		Loving Awareness - Connection to Others
Fri	May-14							
Sat	May-15				11.00 am	11.00 am	11.00 am	Loving Awareness - Connection to Others
Sun	May-16				7:00 pm	7:00 pm	7.00 pm	Loving Awareness - Connection to Nature
Mon	May-17							
Tue	May-18	Chantry Studios	1.15 pm					Loving Awareness - Connection to Nature
Tue	May-18	<i>Contingent Works</i>	<i>7.00 pm</i>		<i>7:00 pm</i>	<i>7:00 pm</i>	<i>7.00 pm</i>	<i>Blended Mindfulness Course - Pilot</i>
Wed	May-19				7:45 pm			Loving Awareness - Connection to Nature
Thu	May-20	The Mansion	11.00 am		11:00 am	11:00 am		Loving Awareness - Connection to Nature
Fri	May-21							
Sat	May-22	Contingent Works	10.00 am		10.00 am	10.00 am		Loving Awareness - Connection to Nature
Sun	May-23	The Mansion	7.00 pm		7:00 pm	7:00 pm		Sunday Evening Meditation
Mon	May-24							
Tue	May-25	Chantry Studios	1.15 pm					Loving Awareness - Connection to Nature
Tue	May-25	<i>Contingent Works</i>		<i>7.00 pm</i>				<i>Session 1 of Blended Mindfulness Course</i>
Wed	May-26				7:45 pm	7:45 pm		Loving Awareness - Connection to Nature
Thu	May-27	<i>Rescheduled to previous day - Teaching at Darent Valley Hospital</i>						
Fri	May-28							
Sat	May-29							
Sun	May-30							