

Bromley Mindfulness Class Calendar - June 2021

Syllabus topic for the month is - Growth and Wellbeing - Times are London UK

		In-Person Classes			Online		
Day	Date	Venue	Time	6-Week Mindfulness Course	The Meditation Course	Public Classes	Class Topics
Tue	Jun-01	Chantry Studios	1.15 pm		1.15 pm		Wellbeing
Wed	Jun-02				8.00 pm		Wellbeing
Thu	Jun-03	The Mansion	11.00 am		11.00 am	11.00 am	Wellbeing
Fri	Jun-04						
Sat	Jun-05	Contingent Works	10.00 am		10.00 am		Wellbeing
Sun	Jun-06	The Mansion	7.00 pm		7.00 pm		Wellbeing
Mon	Jun-07						
Tue	Jun-08	Chantry Studios	1.15 pm	7.00 pm	1.15 pm	1.15 pm	Wellbeing
Wed	Jun-09				8.00 pm		Growth
Thu	Jun-10	The Mansion	11.00 am		11.00 am		Growth
Fri	Jun-11						
Sat	Jun-12	Contingent Works	10.00 am		10.00 am		Growth
Sun	Jun-13	The Mansion	7.00 pm		7.00 pm		Growth
Mon	Jun-14						
Tue	Jun-15	Chantry Studios	1.15 pm	7.00 pm	1.15 pm		Growth
Wed	Jun-16				8.00 pm	7.00 pm	Post-Traumatic Growth
Thu	Jun-17	The Mansion	11.00 am		11.00 am		Post-Traumatic Growth
Fri	Jun-18						
Sat	Jun-19						
Sun	Jun-20						
Mon	Jun-21						
Tue	Jun-22	Chantry Studios	1.15 pm	7.00 pm	1.15 pm		Post-Traumatic Growth
Wed	Jun-23				8.00 pm		Post-Traumatic Growth
Thu	Jun-24	The Mansion	11.00 am		11.00 am		Growth and Wellbeing
Fri	Jun-25						
Sat	Jun-26	Contingent Works	10.00 am		10.00 am	10.00 am	Growth and Wellbeing
Sun	Jun-27	The Mansion	7.00 pm		7.00 pm		Growth and Wellbeing