

# Bromley Mindfulness Class Calendar - July 2021

*Syllabus topic for the month is Calmness & Focus - Times are London UK*

		In-Person Training		Hybrid Training	Online	
Day	Date	Venue	Time	Meditation Superpowers Course	The Meditation Course	Class Topics
Thu	Jul-01	*Beckenham Place Park	11.00 am		11.00 am	Calmness
Fri	Jul-02					
Sat	Jul-03	Contingent Works	10.00 am		10.00 am	Calmness
Sun	Jul-04	The Mansion	7.00 pm		7.00 pm	Calmness
Mon	Jul-05					
Tue	Jul-06	No Classes on the 6, 7, or 8 July				
Wed	Jul-07					
Thu	Jul-08					
Fri	Jul-09					
Sat	Jul-10	**Contingent Works	9.30 am	9.30 am		Calmness
Sun	Jul-11	The Mansion	7.00 pm		7.00 pm	Growth
Mon	Jul-12					
Tue	Jul-13	Chantry Studios	1.15 pm		1.15 pm	Calmness
Wed	Jul-14				8.00 pm	Calmness
Thu	Jul-15	*Beckenham Place Park	11.00 am		11.00 am	Calmness
Fri	Jul-16					
Sat	Jul-17	**Contingent Works	9.30 am	9.30 am		Focus
Sun	Jul-18	The Mansion	7.00 pm		7.00 pm	Focus
Mon	Jul-19					
Tue	Jul-20	Chantry Studios	1.15 pm		1.15 pm	Focus
Wed	Jul-21				8.00 pm	Focus
Thu	Jul-22	*Beckenham Place Park	11.00 am		11.00 am	Focus
Fri	Jul-23					
Sat	Jul-24	**Contingent Works	9.30 am	9.30 am		Relaxation
Sun	Jul-25	The Mansion	7.00 pm		7.00 pm	Growth
Mon	Jul-26					
Tue	Jul-27	Chantry Studios	1.15 pm		1.15 pm	Focus
Wed	Jul-28				8.00 pm	Focus
Thu	Jul-29	*Beckenham Place Park	11.00 am		11.00 am	Focus
Fri	Jul-30					
Sat	Jul-31	**Contingent Works	9.30 am	9.30 am		Mindfulness

\*Training in Beckenham Place Park and Norman Park is dependent on the weather. Join our WhatsApp Group for weather dependent updates.

\*\* The Meditation Superpowers Course is hybrid training two-hour workshops (online and in-person in the same session. Check the site for details.