



The Briery
Retreat Centre



Mindfulness

‘WEAVING A BRIDGE’

10am - 4pm on Friday 12th March 2021

Via Zoom - A Retreat day of Mindfulness and Well-being practices, open to all who wish to cultivate mindful presence of ourselves, of others and of God.

Anne Harrison and Angela Rogerson

who are leading the day are RC laywomen offering spiritual accompaniment and Retreats, mindfulness and Capacitar wellbeing practices.

This is the day is inspired by the words of Psalm 139:

“For you created my inmost being; you knit me together in my mother’s womb ...I praise you because I am fearfully and wonderfully made.”

Contact: The Briery Retreat Centre - email: briery@btconnect.com

Tel: 01943 607287

Suggested Offering £20

For more details see website:www.briery.org.uk