



# be calm be happy

A short course in  
Mindfulness

6-week course introducing Mindfulness and Meditation  
in the tradition of Zen Master Thich Nhat Hanh. Suitable for all.  
Course leaders – Orla Beaton & Alison Linyard.

Westbank Health Centre,  
Strathmiglo, Fife  
10.00am – 12.00 noon  
Saturdays: 16<sup>th</sup> Sept to 28<sup>th</sup> Oct 17

Booking: [coimindful.eventbrite.co.uk](http://coimindful.eventbrite.co.uk)  
Email: [admin@coiuk.org](mailto:admin@coiuk.org)  
Cost: £95 or £60 Concessions



*Community of Interbeing*  
Mindful Living in the UK

Charity number: 1096680