



# TAKE NOTICE

## Visualising Intentions and Affirmations



### Dates:

Wednesday 4 October  
Wednesday 15 November

**Times:** 10-11.30am

**Location:** Online



This workshop is a group where you will learn to use visualising skills to set intentions and affirmations using practical tools and guided meditation.

What do you intend to change in your life?

In this workshop, you will look at tools and meditation to help you set intentions and choose affirmations to help bring about positive change.

Please register and book your place online.



[mindinbexley.org.uk/recovery/](https://mindinbexley.org.uk/recovery/)

