



Lisa Firer

The next mindfulness weekend is to be held at the Buddhist Retreat Centre, Ixopo, Kwa-Zulu, Natal, 17/18/19 July 2009. It will be co-facilitated by Craig Henen and myself.

Please contact www.brcixopo.co.za for more details.

We plan to offer an 8 week mindfulness based stress reduction programme in the second half of the year, dates not yet finalized. If you are interested, please send me your email address so I can let you know when.