



The Mindfulness Network

Serving the mindfulness community
and general public through supervision,
retreats and training courses

All of our mindfulness teachers and supervisors adhere to
Good Practice Guidelines plus our stringent standards.

www.mindfulness-network.org



Our services include:

- **mindfulness-based supervision**
 - **mindfulness retreats**
- **compassion retreats and training courses**
 - **mindfulness teacher training**
 - **personal practice mentoring**
- **8-week MBSR distance learning courses**



Contact us via email:

info@mindfulness-network.org

