



**Canal &  
River Trust**

Making life better by water

Let's talk about mental health  
**Lamp**

# Free mindfulness river walk

Join us for a walk along the River Soar and take part in a guided mindfulness and meditation exercise at Aylestone meadows.

Allow yourself to slow down, notice your thoughts and see how they influence your emotions and behaviour. Experience greater levels of focus and clarity for an increasingly joyful and fulfilled life.

Gentle walk. 3 miles. Wear suitable shoes and dress for the weather.

**10:30 - 12:00. 4th December 2019.**

**Meet on the towpath near Bede Park and De Montfort Uni, Leicester.**

Session run in collaboration with LAMP and Mindfulness Leicester.

For more information:

email [enquiries.eastmidlands@canalrivertrust.org.uk](mailto:enquiries.eastmidlands@canalrivertrust.org.uk)



Enjoy. Volunteer. Donate  
**[canalrivertrust.org.uk](http://canalrivertrust.org.uk)**

**Making life better by water**

Canal & River Trust is the charity that works with communities to transform their local canals and rivers, creating places and spaces that can be enjoyed by everyone, every day.

Charity No. 1146792