

# Resources #TATuesdays

# What Do You Say After You Say Goodbye?

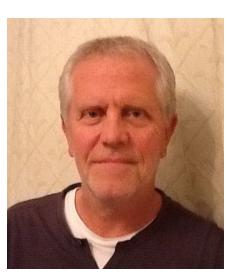
Martin Wells

#### **About Martin**

Martin Wells is a teaching and supervising transactional analyst who has also being studying meditation for over 30 years. He works part-time in the NHS in the UK, as a consultant psychotherapist and teaches mindfulness from a non dual perspective. He is the founder of TA ~ Spiritual and has led retreats in Scotland, Goa, and Spain.

He teaches non dual mindfulness to patients and staff in the NHS and practices and supervises psychotherapy from this perspective.

nondualmindfulness.simpl.com



### Weekly Group

Weekly meditation group and exploration of non-duality

Every Thursday from 8-9.30pm in Clifton Bristol.

For more details please contact Martin on 0117 9737848 or martinwells4@me.com

#### Downloads

(Click the links below)

#### **Articles**

From Friction to Freedom: Our True Nature beyond Life Script

- Martin Wells

Therapy without the therapist - Jean-Marc

#### **Event Flyers**

Please download and share

Absence is Freedom - The practice of non dual mindfulness Subud Hall, Clifton, Bristol - 11th July 2015

> Boundless joy Orgiva, Southern Spain - September 2015

#### Uselful Links

(Click the links below)

# Podcast: Therapy Without A Therapist

T.A. Spiritual

#### Website & Contact

(Click the links below)

#### www.nondualmindfulness.simpl.com

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Tel: 0117 9737848

### Watch Again

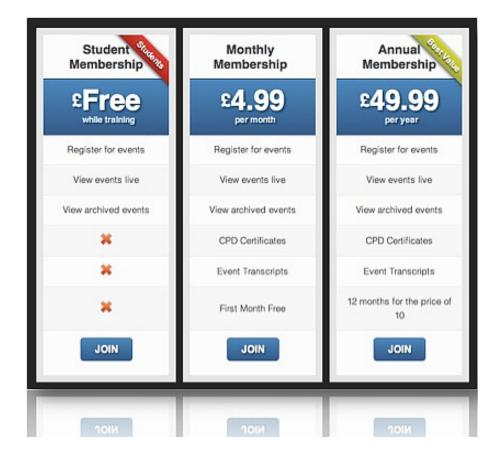


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