

More To Life is a not for profit organisation that runs practical, evidence based personal development courses built on psychology, mindfulness and various philosophical traditions.
Life can throw us curve balls we don't expect or want. While these moments can be difficult, we often have more choice than we realise.

Personal development, with heart.

The More To Life Weekend, teaches practical tools to empower you to respond to life's challenges with a clear mind and open heart.
You will learn through powerful exercises how to discover, understand and change unhelpful patterns of thought, feeling and behaviour. **In a supportive group environment,** you'll have the opportunity to revitalise your relationships with yourself, others, and our complex and ever-changing world.
Experience more resilience, purpose and joy in your relationships, career and community and take away the well-being tool kit for yourself.



Course dates: 22- 24 May 2026
Friday evening 19:00 - 22.00 Saturday & Sunday 9:00 - 22:00
The venue: The Clayton Hotel,
27-29 Station Rd, Cambridge, CB1 2FB, UK.



After the course, we host an optional **Completion Evening** where you can reconnect, share your experiences, and learn a powerful tool for creating results.
It's held online soon after the course, and you're welcome to bring guests along.
People are inspired by their experience with More To Life, and some choose to keep in contact, continuing to develop their skills and knowledge.
We are able to offer our courses at a significantly reduced rate thanks to regular and one off donations, and the dedication of our experienced volunteer facilitators.
The investment:
Standard Ticket £475
Early bird £415 before 20 April
Concession rates available.
Financial bursaries offered.
email: londoncentre@moretolife.org

More To Life

Attend a free preview or arrange a conversation to explore the possibilities.
Register and find more info on our website: https://moretolife.org/events/9721