

Daniela Coronelli

has an ongoing interest and passion in what can bring about growth, well-being and balance to our lives, and she brings to the courses a longstanding experience in mindfulness practice and teaching. She has trained in Mindfulness Based Cognitive Therapy at Exeter University, and has been accredited as a Mindfulness for Stress and Pain Management teacher by Breathworks C.I.C., UK. Daniela is a member of the UK Mindfulness Teachers listings and follows their Good Practice Guidelines.

She also runs an established Shiatsu practice in Totnes, is a member teacher of the UK Shiatsu Society and is a trained Movement facilitator. Since 2002, Daniela has been teaching Mindfulness and complementary therapy for health organisations, shiatsu colleges and for private groups, in the UK and Italy, where she originated. In 2014, Daniela co-authored the book 'Embodied Lives', published by Triarchy Press.

"Today is a good day to take the first step to living a more balanced and fulfilling life"



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Mindfulness FOR HEALTH & WELL-BEING

*The popular 'Breathworks' Course in 4 days
Enhancing Your Well-Being and Managing Stress*



"We take care of the future best by taking care of the present now" ~ Jon Kabat Zinn

TOTNES / Course

*@ Studio 5, Space Studios,
Dartington, Totnes, TQ9 6EL*

*4 Fortnightly Saturday Classes,
designed specifically for people
who work in the week)*

starting from 3 June 2017

*(on 3 June/ 17 June/ 1 July/ 15 July)
(from 10.30am - 4.30pm)*

TASTER SESSIONS

You are welcome to attend our "Mindfulness for Stress Management" Taster Sessions. They last for 2 hours and the next ones will be:

15 April (Paignton)

6 May (Totnes)

(10:00am-12:00pm)

Phone: 07941 841555

With this course you have access to tried and tested mindfulness meditations and strategies to help you with the complexity and pace of modern life. You are introduced to ways of reducing stress and anxiety, to become more resilient, calmer and motivated. The course is suitable for those who are new to Mindfulness and those who would like to revive their practice and skills. It offers an alternative option to attending 8 evening classes and takes place within a supportive, small group setting of a maximum 12 people

www.mindfulness4wellness.org

What is Mindfulness?

Mindfulness involves giving attention to our thoughts, feelings, body sensations and events as they occur, moment by moment, in a non self-critical and caring way. From this position we are freer to respond to our experience, rather than to react to it in an automatic, habitual manner, which tends to fuel more stress and anxiety. Mindfulness can help to find ways of being calmer, more resilient, happier and inspired.

In recent years, Mindfulness has been discovered by published research to improve well-being and quality of life. In the UK, it has been recommended by the National Institute of Clinical Intelligence for use in the NHS.

Regular practice has been shown to Improve concentration and memory, to bring relief to a wide range of physical and mental health conditions, to strengthen the immune system and to lower blood pressure.

Rooted in the Buddhist and other spiritual traditions, today, mindfulness is being taught mainstream, in a non-religious way.



What Can You Gain From This Course?

- Mindfulness practices and strategies to help manage tension, stress and anxiety and to enhance your health and well-being
- Greater ease when managing difficult thoughts and emotions
- An increased ability to relax and deal better with challenging and stressful situations
- A capacity to go through life's ups and downs at a steadier pace, with more equanimity towards whatever is happening
- A self-compassionate and kind approach towards yourself and what you experience
- The ability to expand feeling connected and empathic towards others
- Practical tips on how to integrate mindfulness in your daily life, to help you release tension and choose how to respond

Getting the most out of the course involves some work on your part. You will gain the full benefit when you commit to your home practice and gradually build up a daily space for meditation and for integrating awareness into your experience. Making the commitment may feel difficult at first, but most people have found that the benefits outweigh the effort of practising regularly.

Is it for you?

The course is suitable for most adults over the age of 18 who would like to learn mindfulness to support and enhance their health and well-being. People who are experiencing stress of any kind, be it related to work, relationships, loss or other factors outside their control have found the course beneficial. It aims to be interactive, practical and experiential, rather than theoretical.



Cost: £175 when booked and fully paid by 8 May 2017 (£195 thereafter) - £10 "Taster Session" payments accepted as credit against cost of course.

Payment plans of 4 monthly instalments are available when booking early. You may also ask your employer if they can pay for you to attend this course.

Included in the cost are:

- 20 hours of tuition & practice, with an accredited and experienced mindfulness trainer
- A workbook and accompanying recordings containing guided meditations
- Email support in between sessions
- A certificate of attendance, if you have attended a minimum of three whole days (if required)

How to Book

A £50 deposit and completing a booking form will confirm your place.

Deposits and payments can be made by bank transfer to:

Ms Daniela Coronelli / Sort Code: 30-94-83 / AccNo: 02779456

or by cheque to:

Daniela Coronelli, 13 Blacklers, Park Road, Dartington Hall, Totnes, TQ9 6EQ
Advance Booking is necessary.

To Find Out More

Please contact Daniela Coronelli (07941 841555 / 01803 862653)

or Roy Whenary (07879 575585 / 01803 467801)

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Visit: www.mindfulness4wellness.org