



MINDFULNESS FOR HEALTH & WELL-BEING

The Art of Managing Stress Through Mindfulness

This course offers tried and tested Mindfulness practices, micro tools and strategies, to help manage pain, stress, anxiety and the complexity and pace of modern life. The course helps to build resilience, calm and motivation in the face of life's difficulties

2 HOUR TASTERS IN EXETER

@ Health House

The Old Stables, Barrack Road, EXETER, EX2 5ED

Saturday 20 JAN 2018 (2pm-4pm)

Saturday 17 FEB (2pm-4pm)

Sunday 4 MAR (11am-1pm)

BOOKING: £10 Online (Eventbrite)
or £15 Drop-In on the day

More Details on Website

EXETER
Course Starting
24 MARCH 2018
RILD Building, Royal Devon and
Exeter Hospital, Barrack Road,
EXETER, EX2 5DW
Saturdays: 24 March / 7 April /
21 April (1:30pm-5:30pm) &
5 May (10:30am-5:30pm)

COST: Individuals: £205
Corporate: £265

*For booking and payment by
24 February 2018, we offer a £20
reduction on the above amounts*



For more information and booking
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07941 841555 or 01803 862653



www.mindfulness4wellness.org