

# MOVING FROM STRESS TO WELL-BEING

Stress & Anxiety Management through Mindfulness

**Course Starting 27 JANUARY 2018**

over 4 Alternate Saturdays: 10.30am - 4.00pm  
(27 JAN / 10 FEB / 24 FEB / 10 MAR 2018)

@ Totnes Natural Health Centre,  
The Plains, TOTNES, Devon, TQ9 5DW

'Breathworks' MINDFULNESS for STRESS MANAGEMENT Course

For those who cannot attend an 8-week mid-week evening course  
Cost: £195 - or £180 when booked and paid by 31 December 2017  
(Small group of maximum 12 people)



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

**13 JANUARY 2018**  
**2hr TASTER**  
**@ Totnes NHC**  
**10am-12pm**

**TASTER COST - £8**  
When booked and paid in advance. Otherwise, cost is £12 on the day

*Interested in finding out how Mindfulness can help you transform your life for the better?*

**OTHER DATES**  
**3 FEB 2018**  
**3 MAR 2018**



Mindfulness 4 Wellness

For more information and booking  
Contact Daniela Coronelli [m4w.info@gmail.com](mailto:m4w.info@gmail.com)  
**07941 841555 / 01803 862653**

**[www.mindfulness4wellness.org](http://www.mindfulness4wellness.org)**



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