



MINDFULNESS FOR HEALTH & WELL-BEING

The Art of Managing Stress Through Mindfulness

This accredited 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 training is designed to help you to build resilience, calm and motivation in the face of life's difficulties, as well as make a difference to the quality of your life, and the lives of those around you

2 HOUR TASTERS IN EXETER

@ Health House

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

Saturday 17FEB (2pm-4pm)

Sunday 4MAR (11am-1pm)

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

Course starting in EXETER

Saturday 24 MARCH 2018
**@ RILD Building, Royal Devon and
Exeter NHS Foundation Trust,
Barrack Road, EXETER, EX2 5DW**

**Saturdays: 24 March / 7 April /
21 April (1:30pm-5:30pm) &
5 May (10:30am-5:30pm)**

COST - £205

**PRICE FOR EARLYBIRD BOOKING / PAYMENT
BY 24 FEBRUARY 2018 - £185**

TOTNES COURSE & TASTER

There will be a small group evening Course (max 4-5) starting on Wednesday 28 March 2018, in **TOTNES** with a Taster/Introduction in Totnes on 3rd March (see website for more details)



Mindfulness 4 Wellness

For more information and booking
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UK Mindfulness
Network LISTED
TEACHER
mindfulness4wellness.org.uk

www.mindfulness4wellness.org