



# 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 TASTER TOTNES**

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

**Saturday 3 MAR (10am-12pm)**

**BOOKING: £8 Online (Eventbrite)  
or £12 Drop-In on the day**

### **Course Starting in TOTNES**

*(for small group of 4-5 people)*

**Wednesday 28 MARCH 2018**

**@ Bridgetown / TOTNES**

**Wednesdays: 6.00pm - 8.30pm**

**28 MAR / 4 APR / 11 APR & 18 APR**

**25 APR / 30 MAY / 6 JUN / 13 JUN**

*(plus a practice day on 9th June in Dartington)*

**COST - £195**

**PRICE FOR EARLYBIRD BOOKING / PAYMENT  
by 6 MARCH - £180**

### **EXETER COURSE & TASTERS**

There will be a Course starting on Saturday  
24 March 2018, in **EXETER**  
with a 2-hour Taster on **4 MARCH**  
*(see website for more details)*



Mindfulness 4 Wellness

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



UK Mindfulness  
Network LISTED  
TEACHER  
[mindfulness4teachers.org.uk](http://mindfulness4teachers.org.uk)

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