



# 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

**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 7 MARCH 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  
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**www.mindfulness4wellness.org**