

# THE ART OF WELLNESS, STRESS & ANXIETY MANAGEMENT

*through Mindfulness*

## 2 hour Tasters

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

All Tasters start at 10am & finish at 12pm

- **SAT 1st SEPTEMBER**
- SAT 6th October

£10 Booked in advance via Eventbrite.  
All other bookings to be confirmed by  
phone/email in advance to confirm  
space is available (cost for payment  
at venue on the day is £14)



## NEW COURSE

**Starting 20th October 2018**

over 4 alternate Saturdays

1.30pm-5.30pm (first 3 Saturdays)

10.30am-5.30pm (4th Saturday)

@ **Totnes Natural Health Centre**

The Plains, Totnes, Devon, TQ9 5DW



**Earlybird Discounted Price:**

**Booking/Payment by:**

- **31 August: £175**

*After 31st August cost of booking  
reverts to the full price of £195*

"A tried and tested way  
of approaching chronic stress and  
anxiety ... offering the participant  
a toolbox of new skills and  
strategies for becoming more  
resilient, calmer and motivated"

*This 8 weeks Breathworks course, designed to be delivered as 8 weekday evening classes, has been adapted to the 4 x 1 day format (in which each class covers two weeks of the original format, and happens every two weeks) - to suit those people who cannot take time at the end of a busy and tiring weekday to do such a course. This format makes it viable for people living a bit further away, to come to the daytime course in Totnes.*

## Mindfulness4Wellness

13 Blacklers, Park Road, Dartington Hall, Totnes, Devon, TQ9 6EQ

Phone: 07941 841555 / 01803 862653

<http://mindfulness4wellness.org/courses-dates-fees-booking/4590995683>