

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>