

# 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 6th October**

*All other bookings to be confirmed  
by phone/email in advance to ensure  
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



**Cost: £195**

*(incl. course book,  
work book and recordings)*



*"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>