

# THE ART OF WELLNESS, STRESS & ANXIETY MANAGEMENT

through Mindfulness with Daniela Coronelli

## 2 HOUR TASTERS

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

**SUN 6 January**

11am-1pm

**TUE 22 January**

6.30pm-8.30pm

**TUE 12 February**

6.30pm-8.30pm

**£10 Booked in advance/  
£14 on the day (see website)**



## NEXT COURSE

**Starting 23rd FEBRUARY 2019  
over 4 alternate Saturdays**

**1.30pm-5.30pm** (first 3 Saturdays: 23Feb+9Mar+23Mar)  
**10.30am-5.30pm** (4th Saturday: 6Apr)

**@ Studio 5 - Dartington Space**

Studio 5, Dartington Space, Lower Close  
Dartington Hall Estate, Totnes, Devon, TQ9 6EN

**Cost: £175**

**(incl. course book, work book and recordings)**  
when booked before 23 January 2019 (£195 thereafter)



**"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"**



UK Mindfulness  
Network LISTED  
TEACHER  
mindfulnessnetwork.org.uk

breath  
works



## Mindfulness4Wellness

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

**Phone: 07941 841555 / 01803 862653 Email: m4w.info@gmail.com**

**http://mindfulness4wellness.org/courses-booking/4590995683**