

Do You Experience Stress and the Suffering Associated with Stress?

*The Art of Wellness, Stress & Anxiety Management
Through Mindfulness ~ with Daniela Coronelli*



*"Breathworks
Mindfulness courses
teach Mindfulness
and Compassion to
help improve your
quality of life"*

***"Mindfulness can
help you to see
more clearly your
habits and patterns
that can lead to
more stress, so you
can begin to make
different choices"***

*"Join the thousands
of other people around
the world who have
discovered the power
of Mindfulness and
Compassion in dealing
with the stresses
of daily life"*

INDIVIDUAL TASTERS/INTRO

Book on 07941 841555) - £10

COURSE: £195 (or £150 each when 2 or more book together)

NEW COURSE: STARTING 23 MARCH 2019

Venue: Studio 5, Dartington Space, Dartington, Totnes

Lower Close, Dartington Hall Estate, Totnes, Devon, TQ9 6EN

Starting 23rd March 2019 (over 4 alternate Saturdays):

23MAR / 6APR / 20APR: 1.30pm-5.30pm // 4MAY: 10.30am-5.30pm

Mindfulness4Wellness

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

Phone: 07941 841555 / 01803 862653

<http://Mindfulness4Wellness.org/courses-booking/4590995683>

