

Daniela Coronelli

has an ongoing interest and passion in what engenders growth, well-being and balance to our lives, and she brings to the courses a longstanding experience in mindfulness practice and teaching. She has trained in Mindfulness Based Cognitive Therapy at Exeter University, in "Finding Peace in a frantic World" at Oxford University and is an accredited Breathworks Mindfulness for Stress and Pain Management Teacher. As a member of the UK Mindfulness Teachers listings she follows their Good Practice Guidelines.

Daniela also runs an established Mindfulness & Seiki-Shiatsu practice in Totnes, is a member teacher of the UK Shiatsu Society and a seasoned Movement facilitator. Since 2002, she has been enjoying teaching Mindfulness, movement and complementary therapy to organisations, shiatsu colleges and to groups, in the UK and Italy, where she originated. In 2014, Daniela co-authored the book 'Embodied Lives', (published by Triarchy Press) where she outlines the health and life enhancing benefits of integrating Mindfulness with movement and shiatsu.

"Today is a good day to take the first step to living a more balanced and fulfilling life"



Website: www.mindfulness4wellness.org

Email: m4w.info@gmail.com

Telephone: 01803 862653 / 07941 841555



The Art of Wellness, Stress & Anxiety Management through Mindfulness

.... Over 4 alternate Saturdays

STARTING 23rd March 2019 @ Dartington

"We take care of the future best by taking care of the present now"

~ Jon Kabat Zinn



Course Dates & Times: @ DARTINGTON SPACE

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

23 MAR / 6 APR / 20 APR / 4MAY 2019

First three Saturdays @ 1.30pm-5.30pm / Fourth Saturday: 10.30am-5.30pm

Cost £195 (£150 each when two or more book together)

With this accredited course you have access to tried and tested Mindfulness meditations and strategies to help you with the complexity and pace of frantic modern life. You are introduced to ways of reducing stress and anxiety, to become more resilient, calmer and motivated. The course is suitable for people who are new to Mindfulness and those who would like to revive their practice and skills. It offers an alternative option to attending the usual 8 evening classes and takes place within a supportive, small group setting of a maximum 14 people.

www.mindfulness4wellness.org

What is Mindfulness?

It is not the latest media fashion on how to change life for the better! It is a practice that involves training our attention to be with what you experience as it happens, in a caring and interested, rather than self-critical way. It gives you choice to respond to life's ups & downs with more equanimity, calm and compassion, while reducing habitual, stressful reactivity.

In recent years, Mindfulness has been discovered by published research to improve well-being and quality of life. In the UK, it has been recommended by the National Institute of Clinical Intelligence for use in the NHS.

Regular practice has been shown to improve concentration and memory, to bring relief to a wide range of physical and mental health conditions, to strengthen the immune system and to lower blood pressure.

Rooted in the Buddhist and other spiritual traditions, today, mindfulness is being taught mainstream, in a non-religious manner.



What can you gain from this course?

- Meditations and strategies to help manage tension, stress and anxiety and to enhance your health and well-being
- Greater ease and resilience when managing difficult thoughts and emotions
- An increased ability to relax and deal better with life's inevitable challenging and stressful situations
- Tools to change a self-critical to a caring and encouraging approach towards yourself and your experience
- The ability to expand feeling connected and empathic towards other people in your world
- Creative, practical tips to integrate Mindfulness in your lifestyle

How do I get the most out of this training?

This involves some work on your part and it is similar to learning any new skills. To gain the full benefit and grow confidence, you are invited to practice daily meditation and for integrating mindfulness in your experience. Making the commitment may be difficult at first, but most people have found that the benefits outweigh the effort of practising regularly.

Is it for you?

The course is suitable for most adults over the age of 18 who are living with stress of any kind, be it related to work, relationships, loss or other factors outside their control and would like to learn mindfulness to enhance their health and well-being.

It has also attracted, health-care professionals, business people, counsellors and teachers who have used it as professional development.

The training aims to be interactive, practical and experiential, as well as include relevant theoretical support.



Cost: £195 (£150 each when two or more book together)

You may also ask your employer if they can pay for you to attend this course.

Included in the cost are:

- 18 hours of Mindfulness tuition + 5 hours of contact with the trainer and the course assistant to provide support throughout the course
- A published workbook, a practice booklet and accompanying recordings containing guided meditations
- Email support in between sessions
- A certificate of attendance, if you have attended a minimum of three sessions (when required)

How to book

A £50 deposit and completing a booking form will confirm your place.

Deposits and payments can be made by bank transfer to:

Ms Daniela Coronelli / Sort Code: 30-94-83 / AccNo: 02779456

or by cheque to:

Daniela Coronelli, 13 Blacklers, Park Road, Dartington Hall, Totnes, TQ9 6EQ

Advance Booking is necessary.

To Find Out More

Please contact Daniela Coronelli (07941 841555 / 01803 862653)

or Roy Whenary (07879 575585 / 01803 467801)

Email: m4w.info@gmail.com

Visit: www.mindfulness4wellness.org