

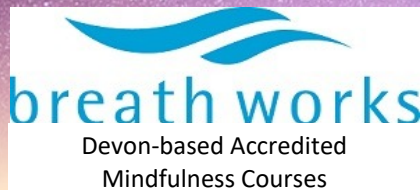
MINDFULNESS SKILLS

FOR LIVING IN A FRANTIC WORLD

AND GROWING SUSTAINABLE WELLNESS

The popular "Breathworks" based Course, in 3 half days & 1 whole day
ENHANCING YOUR WELL-BEING & CREATIVITY WHILE REDUCING STRESS AND ANXIETY

with Daniela Coronelli



Recognised by the UK's 'Institute of National Intelligence', Mindfulness training has been introduced in the NHS, in schools, the judiciary system and businesses worldwide. Thousands of such course participants have recommended it for integrating calm, building focus, resilience, compassion and motivation in the face of life's unpredictable circumstances.

How would you like to let go of habits and patterns that fuel more stress and overwhelm, and integrate choices that support well-being, clarity and care towards yourself and the people in your life?

NEW COURSE STARTING 8 FEBRUARY 2020

Venue: Totnes Natural Health Centre

The Plains, Totnes, Devon, TQ9 5DW

COURSE FEES: £195 (£175 when fully paid by 10 January 2020)

£150 each, when 2 or more book together

8FEB / 22 FEB / 7 MAR: 1.30pm-5.30pm // 21 MAR: 10.30am-5.30pm

2hr TASTERS

Totnes Natural Health Centre

Monday 13 JAN 20 @ 7pm &

Saturday 1 FEB 20 @ 10:30am

£12 when booked online /

£15 at the door

Mindfulness4Wellness

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

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