

MINDFULNESS

LEARN MINDFULNESS SKILLS

A COURSE OF FOUR SESSIONS

22 February 2019

7.00 – 8.30 PM

AT

THE PENARTH NATURAL HEALTH CENTRE
11 BRADENHAM PLACE, PENARTH CF64 2AG

LEADER: ALAN ARMSTRONG, CLINICAL HYPNOTHERAPIST.

COST: £60 (£10 deposit to book a place)

There is increasing evidence to show that practising mindfulness helps reduce stress, alleviate anxiety and depression, and generally improve overall health and well-being.
Mindfulness skills are not difficult to learn.

TO BOOK A PLACE ON THE COURSE

CONTACT

THE PENARTH NATURAL HEALTH SERVICES
02920 701370

OR

ALAN ARMSTRONG
07836 679128 e-mail alan@anvilconsultancy.com

The course is for a small group, so numbers limited.