

8 Week Certified Mindfulness Course

- ✓ Manage thoughts & feelings
- ✓ Feel less overwhelmed
- ✓ Reduce anxiety, stress
- ✓ Have greater self-compassion
- ✓ Improve your sleep quality
- ✓ Enjoy better concentration & focus
- ✓ Enhances decision making

5th September to 24th October

Thursdays 6 - 7.30pm Tythe Barn, Nailsea

Call or email to book your place



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