

MINDFULNESS IN GLOUCESTERSHIRE - New Courses in Cheltenham and Stroud sta



Location

South West, Gloucestershire

<https://www.freeadsz.co.uk/x-299017-z>



Learn Mindfulness - New courses start in Cheltenham and Stroud in early May. Mindfulness is a simple, effective doorway to a life with less stress, more clarity, more creative choices. It is now widely used in the fields of healthcare, education, sport and business. Our courses offer a comprehensive introduction to this powerful life-skill. You will learn a range of Mindfulness exercises, discover some of the theory behind its effectiveness, and take your first steps into a Mindful life. Our courses are led by Terry Pilchick and Marianne Brady who have been teaching mindfulness and meditation since 1990 and have run more than 70 Mindfulness courses in the Gloucestershire region. For more info: www.mindfulness-west.com or call 01453.



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