











Mindfulness Meditation



Location **Northern Ireland, County Fermanagh**
<https://www.freeadsz.co.uk/x-334895-z>



Alleviate Anxiety, help with Concentration, Public Speaking, Mindfulness is about taking back control of your life,deal with the day to day better.Bring back your smile. Exam Anxiety,Family Pressures ,Relationship and Communication issues all benefit from this. Chronic Pain, Weight issues,Anger are amongst many issues that Mindfulness Meditation is designed for. Coping skills for all ages. Individual One on One sessions Group Sessions / Schools All Ages,walks of life 1st session will be a taster,an insight to.

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