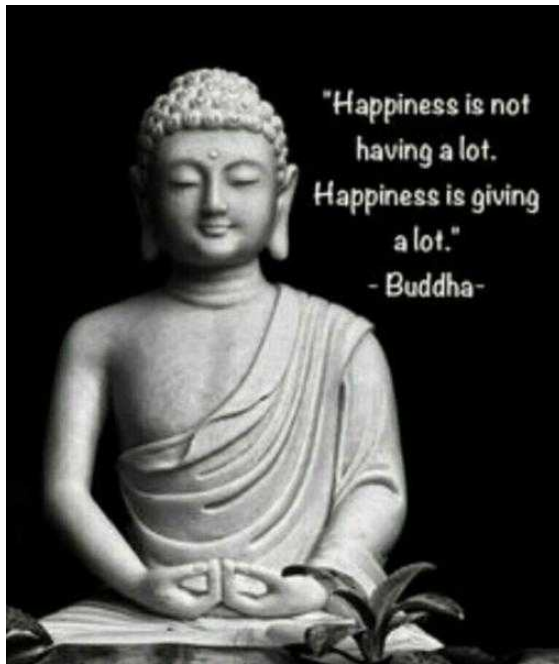


# Mindfulness amp Relaxation Therapy



Location

Northern Ireland, County Antrim

<https://www.freeadsz.co.uk/x-447967-z>

Mindfulness and Emotional Intelligence Facilitator Did you know that people who practice mindfulness meditation are much happier and healthier than everyone else? Its helped me cope better with Chronic Pain,its why I decided to become trained in Mindfulness. Pain Management

Reduce Stress & Anxiety

Stop Smoking

Tackle Addiction issues

Exam Stress

Sleep Better

General wellbeing

Relationship issues So many uses to improve your life, isnt it time to regain your dignity and control what you do?

Put the smile back on your face Can do groups or one to one

Relaxing atmosphere

Im willing to come to you if you prefer Mindfulness and Emotional Intelligence Facilitator Did you know that people who practice mindfulness meditation are much happier and healthier than everyone else? Its helped me cope better with Chronic Pain,its why I decided to become trained in Mindfulness. Pain Management

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40-60 min



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