

Mindfulness for Stress and for Health

Location

South West, Gloucestershire

<https://www.freeadsz.co.uk/x-550589-z>



Starting very soon we'll be running two eight-week courses in Mindfulness - for Stress, for Health, for creativity, for getting more out of life. One course will take place in Stroud on Tuesday evenings, and the other will be on Saturday afternoons in Dursley.

Terry Pilchick and Marianne Brady are the longest established Mindfulness training team in South Gloucestershire. We have taught more than 80 courses. We also offer one-to-one coaching and workplace workshops and courses.

For more info call 01453 883560 01453 8835... (click to reveal full phone number) or www.mindfulness-west

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