

8-WEEK MINDFULNESS COURSE

"Mindful Living and Sustainable Wellness

... in a Frantic World"

- with Daniela Coronelli



The Totnes Natural Health Centre, Totnes, Devon
7 February - 28 March 2025 Fridays 2pm-3.30pm

COURSE FEES

REGULAR PRICE: £145
(+ £12 for the Course Book)

LOW INCOME

(& those who have already attended
a Mindfulness, 8-week course): £120

HIGH INCOME:

If it is easy for you to pay more, please do so,
as it will help us to offer a lower price for
those with a lower income: £170

PAY BY 3 INSTALMENTS

If you can otherwise not afford to attend, but really
wish to, you can pay by 3 instalments. Please
contact us to let us know!



Accessible and practical - this tried and tested 8-week course gives access to a thorough introduction to mindfulness skills. It will help you to ride the inevitable Waves of stress and challenge with compassion, resilience and ease, while expanding your capacity for inner calm, wellness and happiness.

An Oxford Mindfulness Foundation Course based on the best-selling book
"Mindfulness: A Practical Guide to Finding Peace in a Frantic World"



Last Booking date:
31st January 2025

- Pay by instalments
- Low Income Discount



For detailed information, booking and testimonials

EcoLW.info@gmail.com Phone: 07941-841555

<https://www.ecolifewellness.org/mindful-living-courses>