

Mindful Living and Sustainable Wellness

IN A FRANTIC WORLD

with Daniela Coronelli



Totnes
Natural Health
Centre, Totnes,
Devon

27 September -
22 November 2024

Fridays
2pm-3:30pm



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



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.

The course is also helpful for people wishing to refresh their Mindfulness skills

COURSE FEE

Price: £140 (+ Course Book £12)
When booked and paid
by 16 September 2024

*Late Bookings possible
up to 19 September Price £160 + £12)*



For further information:
www.EcoLifeWellness.org/mindful-living-courses
Phone: 07941 841555