



Mindfulness

meditation
8 week course

starting Wednesday 2nd May 2018
10am to 12 noon

in a stunning location in Deganwy

This eight week course provides a concise introduction to the practice of mindfulness. You will learn techniques to promote a sense of calm, focus and contentment when faced with the challenges of modern day personal and work life. It can also help to alleviate the symptoms of stress, anxiety and depression. A brief introductory session will be held at 6-7pm on Monday, 30th April. The course fee includes a full day of meditation one Saturday during the 8 weeks.

Fiona Smith qualified as a Mindfulness trainer (level 2) at the Centre for Mindfulness Research and Practice at Bangor University. www.theconwycounsellors.co.uk

Patricia Rooney is a qualified Yoga teacher. She teaches mindful movement and Yoga to groups and 1-2-1 in her Deganwy Studio. www.patriciarooney.co.uk

to book a place please call

Patricia 07971 052573

or

Fiona 07740 948113

Course fee: £230

Concessions: £199

*spaces are limited...a £30 deposit
secures your place*