



New Mindfulness for Stress Course

This is an **8 week course** for people living with stress, using the **Breathworks Approach to Mindfulness** to help us to live well with the uncertainties that stress brings.

The Course

A new course will be running from **Wednesday 3rd May - 21st June 2017** between **1pm - 3.30pm**

Location The World Healing Crusade
476 Lytham Road
Blackpool
FY4 1JF

You will learn

- Breath Awareness
- Body Awareness and gentle mindful movement
- To be more Mindfulness in daily life
- Mindfulness meditation practices, which will include cultivating kindness towards yourself and empathy for others.

Trainer - Meg Whitlam

Meg is an accredited Mindfulness trainer and appears on the UK Register of Mindfulness Teachers. She has her own experience of living with chronic illness and has experienced for herself the benefits of mindfulness in daily life. She has previously led three courses locally for Blackpool City Learning Centre

The Costs

This outstanding value course will cost £70 and this will include 20 hours of teaching with an Accredited Mindfulness Trainer plus all materials including workbooks and practice downloads

For Further Information:

Contact Meg on 07815 195974 or at megandandyw@icloud.com