

Mindfulness for Stress

8 week course

Thursdays 6.30-9.00pm

Sept: 6th, 13th, 20th, 27th

Oct: 4th, 11th, 18th, 25th

**@ Greenfish Resource
Centre, Oldham St,
Northern Quarter**

£195

**Book before 10th Aug
and receive
10% discount**

**Contact Claire for more info and to book 07990 974 462
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An accredited Breathworks mindfulness teacher**