

meditation  
*made easy*

life skills for your mind



## Beginners Mindfulness Meditation Course

**Regular courses and workshops - Please enquire for next start date.  
Located at Stratford Natural Therapies.**

Meditation and habits of Mindfulness are a proactive way of supporting mental wellbeing and expanding our window of tolerance to stress.

A short daily practice is a self-resource to quieten an anxious brain, focus and rest a wandering mind and open to a happier heart through personal insight and self-compassion.

This course starts a personal 6 week programme to continue, grow and fall in love with your own practice.

Small personal group - includes resource folder and MP3 audios

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