

# Mindfulness for Stress



## ONLINE COURSE

Tuesday evenings 18th August - 6th October 2020

7:30pm - 9:30pm

*This 8-week Breathworks Mindfulness for Stress course is helpful for those suffering from stress associated with work, family, health or relationships.*



Please join us for a **free** online taster. Experience some mindfulness practices and ask us questions about the course.

Tuesday 21st July 7.30 - 8.30 pm

On this 8-week course you will receive:

- 16 hours of teaching and meditation practice
- The Little Mindfulness Workbook
- Breathworks' Mindfulness for Stress practice booklet
- Four guided meditation CDs / MP3 download
- Access to further guided meditations online
- Weekly emails during the course

**Cost: £195**  
(approx. £12 per hour - includes all course materials)

The course will be held online using **ZOOM**

Please contact us to book or to find out more.

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*"Wonderful communication right from the start. Expertise was so reassuring...Atmosphere of respect throughout course. Excellent teachers and course leaders. I will definitely recommend."*

*Mindfulness for Stress 2019 course participant*