

Suaimeas



Wellness & Stress Advice

Introduction to Mindfulness and the Art of Living Mindfully 6 Week Programme

Are you experiencing stress and/or anxiety? Do you have trouble sleeping or are you feeling tired and exhausted all the time? Are you constantly worrying and finding it difficult to concentrate? If you experience any of the above then this may be the course for you.

Mindfulness is about paying attention to what we are experiencing in the present moment without judgement, it is a way of increasing:

- **Self awareness**
- **Self care**
- **Stress reduction**
- **Anxiety management**
- **Calmness, stillness and clarity of thinking**

Date: Beginning Wed. January 20th 2016

Venue: The Red Gates, Corofin, Co Clare

Time: 10.30am to 12.30 pm

Cost: €150

For more information please contact Anne by email or mobile

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Anne Buckley, RN, RM, Dip. H.C. Mgt. M.I.S.M.A. is an accredited Stress Adviser and a recognised Mindfulness Based Stress Reduction Facilitator.