



Mindfulness for Stress Course

On five alternate Sundays

Beginning Sunday 20th January 2019 1.30pm – 5.30pm
Full course fee: £49 (includes all materials)

Mindfulness is the practice of being present in the moment, not lost in the past or worrying about the future. This can help us find ways to deal with life's stresses and challenges, enabling clearer choices with more positive outcomes.

With a Mindfulness approach, we can learn helpful ways to cope with difficulties, and find and appreciate the pleasures of the everyday moment. **This course is open to everyone.**

For more information or to book a place, please contact Staff Nurse and Breathworks Mindfulness teacher Gail Calthrop at mindfulness@smhospicehereford.org or call 01432 852 647



Charity No. 511179

Mindfulness for Stress

Course participants are required to cover the cost of their course materials which are £49. This includes textbook, CDs, a course workbook and handouts.

For more information and to discuss booking a place, please contact Staff Nurse and Breathworks Mindfulness teacher Gail Calthrop at mindfulness@smhospicehereford.org or call 01432 852 647.

This course is open to everyone, not only people associated with St Michael's Hospice.

Sunday 20th January 2019

1.30pm - 5.30pm

Sunday 3rd February 2019

1.30pm - 5.30pm

Sunday 17th February 2019

1.30pm - 5.30pm

Sunday 3rd March 2019

11am - 5.30pm

(please note earlier start time)

Sunday 17th March 2019

2pm - 4pm

(please note later start time)

St Michael's Hospice

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st-michaels-hospice.org.uk

breathworks-mindfulness.org.uk

