

# Mindful Living and Sustainable Wellness IN A FRANTIC WORLD

with **Daniela Coronelli**



*Accessible and practical - this tried and tested 8-week course gives access to a thorough introduction to mindfulness skills. It will help you to ride the inevitable waves of stress and challenge with compassion, resilience and ease, while expanding your capacity for inner calm, wellness and happiness.*

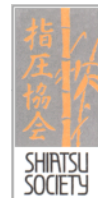
**The Totnes Natural Health Centre, Totnes, Devon**  
**2 February - 22 March 2024**    **Fridays 2pm-3.30pm**

*An Oxford Mindfulness Foundation Course  
based on the best-selling book  
“Mindfulness: A Practical Guide  
to Finding Peace*



## **COURSE FEE**

**Regular Price: £130 (+ Course Book £12)**  
**When booked and paid by 26 January 2024**  
**(closing date for booking)**



***For detailed information, booking and testimonials***

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**[www.EcoLifeWellness.org](http://www.EcoLifeWellness.org)**