

# MINDFUL LIVING IN A FRANTIC WORLD

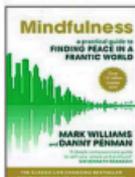
A 4-Session Mindfulness Course For Sustainable Wellness

Smithfields, Totnes: 31 January - 14 March 2026



Based on the evidence-based approach from *'Mindfulness: Finding Peace In A Frantic World'*, facilitated by a BAMBAs-registered, experienced mindfulness trainer

Supporting participants to cultivate a steadier mind, a kinder inner atmosphere, and a deeper sense of connection - with oneself and the surrounding world



## Benefits Participants Commonly Report:

- Feeling more centred, resilient, and less overwhelmed
- Better focus and a greater sense of inner ease
- Enhanced capacity to navigate challenging emotions and unforeseen life events

*Suitable for both newcomers and those reconnecting with mindfulness*

## Information & Booking

Email: [ecolw.info@gmail.com](mailto:ecolw.info@gmail.com)

Website:

<https://www.ecolifewellness.org/mindful-living-courses>

Phone: 07941 841555



"I came feeling stretched thin.  
I left with tools that have  
helped me breathe again"

~ Barbara (District Nurse) - 2024 Course  
- Totnes Natural Health Centre