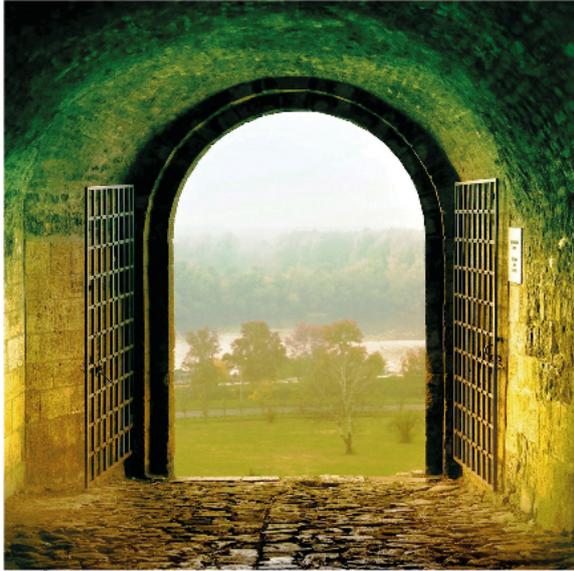


MINDFUL LIVING IN A FRANTIC WORLD

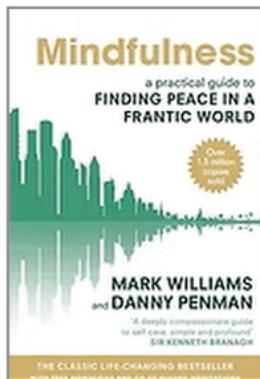
A 4-Session Mindfulness Course For Sustainable Wellness

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

Website:

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

Phone: 07941 841555



EARLY BIRD DISCOUNT WHEN BOOKING BY 18TH JANUARY 2026



"I came feeling stretched thin. I left with tools that have helped me breathe again"
~ Barbara (District Nurse) - 2024 Course
- Totnes Natural Health Centre