

Mindfulness course

"Finding Peace in a Frantic World"

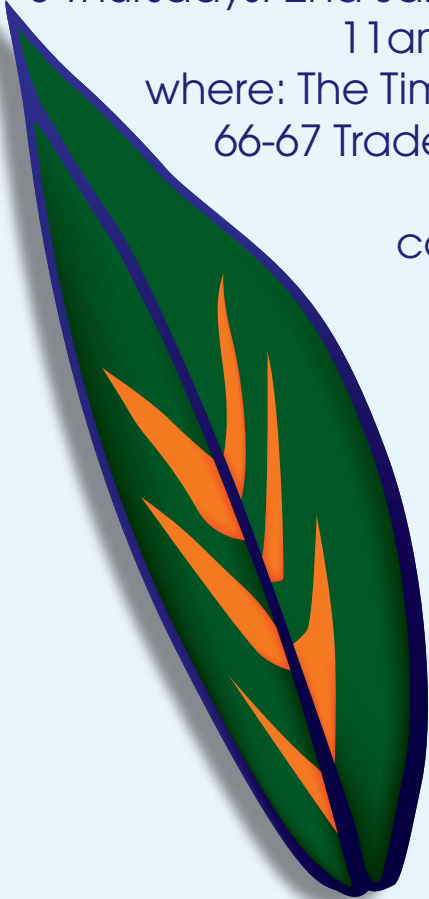
Learn how to manage stress and
be the caretaker of your mind.

8 Thursdays: 2nd January - 20th February 2020

11am -12.30am

where: The Time Wellbeing Centre,
66-67 Tradegar Street, Risca.

cost: £150



with: Clare Courtney
(mindfulness practitioner and Counsellor)