











Mindfulness Based Stress Course



Location **West Midlands, Herefordshire**
<https://www.freeadsz.co.uk/x-173732-z>

This secular course is suitable for people suffering from stress, anxiety or low mood; and for people wishing to learn mindfulness practices or meditation. With mindfulness we can: reduce stress levels learn to respond more skilfully to life's challenges be present for our life as it happens Next course running near Hereford - 5 Sessions: January 18th (10-2), February 1st (10-2), February 15th (10-2), February 26th (6-8.30pm), March 8th (10-3.30) For bookings and more information, go to www.mindfulnesscourse.co

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