

Mindfulness 4 week Course

Mindfulness Based Stress Reduction (MBSR) Course
Learn to cope better with anxiety, worry, stress and the pressures of life with Huw Griffiths Lic Ac.

Tuesday 23rd June
7pm-9pm

At The Gateway Centre, Bath

£40 for 4
weeks*

"If you want to conquer the anxiety of life, live in the moment, live in the breath."-Amit Ray

Call 01225 831 820 or enquiries@wellbeingcollegebanes.co.uk
Or contact Jackie at Bath Mind: community@bathmind.org.uk

To book your place.

***Concessions available**

