

MBSR (Mindfulness Based Stress Reduction) Summer Online courses:

<u>Tuesday class:</u> 28 April – 23 June 7pm – 9pm	<u>Friday class:</u> 1 May – 26 June 12pm – 2pm
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Open to all beginners and those who wish to consolidate their practice. No classes 26 & 29 May.

Special Price: £150

Previous graduates: £100

Concessions also available

FREE Practice Mindfulness Meditation Sessions

Open to all graduates of Positive Consultancy

Online Every Thursday 12.30 – 1.10pm

Secure video links and technical support provided

Qualified & accredited teacher

Contact Bonnie for more info or to book:

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