

# MINDFULNESS TRAINING



**HAPPIER**

**FEELING STRESSED AT  
HOME OR AT WORK?  
WANT TO FEEL  
CALMER, HAPPIER AND  
MORE FOCUSED?**



**FOCUSSED**

**Then mindfulness is for you  
Learn how to incorporate  
mindfulness into your life  
enhancing your wellbeing  
and lowering stress**



**CALMER**

**EVIDENCE-BASED  
SIX WEEK TRAINING  
1-2-1 COACHING  
OR GROUPS**

  
**mindful**  
community

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