

MINDFULNESS FOR COUPLES



Are you both feeling stressed and exhausted at the end of the day?

Feeling the strain of a hectic working life?

Do you want to feel calmer, more focussed and happier in your relationship?



Mindfulness will give you both the ability to step away from work and be more present in each other's company



EVIDENCE-BASED
SIX WEEK MINDFULNESS
TRAINING FOR
WORKING COUPLES


mindful
community