

LEARN MINDFULNESS SKILLS

I am running regular Mindfulness Courses

at

THE PENARTH NATURAL HEALTH SERVICES  
11 BRADENHAM PLACE, PENARTH CF64 2AG

And

THE TRADITIONAL ACUPUNCTURE CENTRE,  
19 BINSWOOD STREET, LEAMINGTON SPA CV32 5 RW

**Courses are 4 evening sessions**

or

**One-Day workshops**

Evidence indicates that practising mindfulness helps reduce stress, alleviate anxiety and depression, and generally improve overall health and well-being.

Mindfulness skills are not difficult to learn.

FOR INFORMATION ABOUT COURSES  
CONTACT

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02920 701370

[www.penarthenaturalhealthservices.co.uk](http://www.penarthenaturalhealthservices.co.uk)

OR

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