

Mindful Living Course



A free 8-week course for people living in South Bristol.

Learn a range of simple techniques to help you stop worrying about the future by focusing on the 'here and now'.

Includes some basic yoga, meditation and breathing exercises, suitable for all abilities and ages (18+).

A great way to reduce anxiety and stress. No need to wear any special clothing—just come as you are!

Starts Thursday, 19 January 2012.



Knowle West Health Park
Thursdays | 6.30pm-7.30pm

| **Meeting Room 1** | **Free**

NHS

Bristol



LOTTERY FUNDED



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