

Mindfulness for Real Life

Workshops
Commencing April 3rd 2019



Low Cost
Sessions only
£5.00

Course Leader

David Spicer BSc(Hons)

David is a qualified mindfulness trainer and integrative counsellor who practices at the Wellbeing Centre.



A rolling programme of workshops that teaches you to create a more compassionate relationship with yourself and those around you using mindfulness, meditation and visualisation to connect with your real-world existence, a world where family or work responsibilities and pressures are ever present.

Sessions will be between 7:00 and 8:15pm on Wednesdays commencing 3rd April at the

Norwich Wellbeing Centre

15 Chapelfield East, Norwich

NR2 1SF

For more details visit
www.innercalm.co.uk
or contact David on david.spicer@innercalm.co.uk
07748 762 558