

Comprehensive Mindfulness course with Tanya Wright MBACP (Accred)



Now booking Spring courses in Sevenoaks.

A 6-week Mindfulness programme
to gain further insight and support in
practicing and enjoying
the benefits of Mindful living.

The Programme:-

- Week 1: waking up from 'Autopilot'
- Week 2: the body & the breath
- Week 3: mindset in life's ups & downs
- Week 4: breathing space for stressful situations
- Week 5: trapped in the past/memory patterns
- Week 6: the whole self & next steps

There will be additional tasks and exercises to complete across the 6-week period to build in to your daily life.

Contact Tanya for forthcoming dates & times.

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