

**mindfulness@Source**



# **MINDFULNESS COURSE**

**How To Be A Calmer, Happier You!**

**DECREASE**

**Anxiety & Stress**

**INCREASE**

**Health & Wellbeing**

**Energy & Enthusiasm for Living**

**Self-Confidence & Self-Acceptance**

**Self-Compassion & Compassion for Others**

**6 WEEK COURSE STARTING  
FEBRUARY 28<sup>th</sup> / March 3<sup>rd</sup>**

**Monday Evenings 7pm – 8.30pm**

**Thursday Mornings 9.30am – 11am**

**(Includes one 'Day of Mindfulness Retreat' - Sat/Sun)**

Concessions Available - Free Car Parking - Courses/Mindful Days/Weekends

One-to-One Sessions

**VENUE**

**Foxrock Parish Centre Dublin 18**

**TO BOOK OR ENQUIRE**

phone **Pamela-Maria 083 8166800**

email **info@mindfulnessatsource.com**

Fully Accredited - Experienced Teacher of Mindfulness - M.Sc.

Health & Wellness Coach - Nutritional Consultant - Yoga Teacher

*« I now feel connected to a part of myself I didn't know was there... » Participant Review*