



Reduce Anxiety. Improve Sleep. Increase Self-Acceptance.

Introduction to
Mindfulness and Meditation
4 Week Course in Nelson/Richmond

6.30PM – 7:30PM
Tue 19th Nov – Tue 10th Dec

Pūtangitangi Greenmeadows Centre
Cnr Main Rd and Songer St, Stoke
Bookings Essential.

Australia and New Zealand's #1 Mindfulness Course for Beginners

"Huge reduction in anxiety, calmness of mind and body
and empowerment over my symptoms."

– Jo Kirwan



Facilitated By
CHANI GRIEVE
Certified Mindfulness trainer

BOOK NOW
mindfulnessworks.co.nz
Early bird pricing until Oct 31
100% money-back guarantee

