

# MINDFULL LIVING FOR EVERYDAY LIFE

**Monday/tuesday: 5.00-6.00 PM**  
**Duration: 10 Weeks**



This ten week course will teach strategies to help reduce the stress of everyday living, and to help you lead a more balanced and productive life by learning to live in the present, moment.

The student will be introduced to techniques such as:

- ❖ Awareness of breath.
- ❖ Awareness of the body, thoughts and feelings.
- ❖ Learning to change negative thought patterns.
- ❖ Colours and how they can influence mood and wellbeing.
- ❖ Foods that enhance our emotional health.
- ❖ Basic stretches which can be done sitting down.
- ❖ Essential oils, the use in the mood enhancement.
- ❖ Foods for good emotional health.

The course is suitable for any person of any age interested in good emotional and physical health, and will encourage the use of the body's own natural, internal resources to reduce stress and bring joy into our lives.