



4 week course

*A guide to Self-awareness through
mindfulness*

Sunday 28th May – Sunday 25th June
(week break 11th June – Queens Birthday)

7pm – 8.30pm

Vitality Space

63 Watts Road, Mornington

*stress less *reduce anxiety *feel calmer

*experience how to be mindful in every day

*improve relationships and well-being

enquiries@MindfullyYou.com.au

**Cost \$130
(manual included)**

Places are limited

www.MindfullyYou.com.au

