

Inner Peace

medicine for a happy life



A brand new course for 2012...

MINDFULNESS FOR A HAPPY LIFE

Evenings (7 to 9pm), every fortnight at Cranmore Memorial Hall, East Cranmore BA4 4QJ

Term Dates 2012: Jan 17 & 31, Feb 21 & Mar 6J

Directions: Take A361 to East Cranmore (follow signs for East Somerset Railway). Village Hall is 50 yards past The Strode Arms Pub (See website for map).

Based on a unique combination of ancient Eastern wisdom and modern day science, **MINDFULNESS FOR A HAPPY LIFE** is a tried and tested approach that is used extensively around the world. (For more general info visit www.essential-education.org)

This course offers a low cost, highly effective method of getting your life on track and enjoying it to the full.

Learn simple mindfulness based practices that will lead to...

- ◆ Greater relaxation
- ◆ Lower stress levels
- ◆ Better sleep
- ◆ Increased energy
- ◆ Improved health and wellbeing
- ◆ Greater concentration and focus
- ◆ Increased positivity
- ◆ All round happier and more fulfilled life

Cost per term £25 in advance (4 sessions), including the workbook 'Guidelines for a Happy Life,' and unique support materials to make your experience effective and enjoyable.

Drop in sessions £7.50

Contact Paul for more details or to book.
Places are limited, so please sign up now.

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