

# Eight Week Mindfulness Course

Do you want to...

Handle stress & uncertainty more effectively?

Feel more engaged and enthusiastic?

Have a greater capacity for relaxation?

Boost your immune system?



## Start 2017 with a commitment to reduce your life stress

Learning mindfulness skills on a Mindfulness Based Stress Reduction (MBSR) course means you have a simple and yet powerful way to enhance your life.

Starts: Monday 20 February 2017 6.15-8.45pm  
(Optional day of practice Saturday 1 April 10.30-4.30)

Fitzrovia Centre, 2 Foley Street, London W1W 6DL

Cost: £280 with some concessions available

Contact: [MBSRFitzrovia@gmail.com](mailto:MBSRFitzrovia@gmail.com) or 07452 829821

Book: <https://mbsrfitzrovia.eventbrite.co.uk>

[www.londonandsurreycounselling.co.uk](http://www.londonandsurreycounselling.co.uk)

[www.govanicoaching.com](http://www.govanicoaching.com)



London & Surrey



Counselling & Therapy

# Mindfulness Course Location

Fitzrovia Centre

2 Foley Street London W1W 6DL

Telephone 020 7580 8680

[fitzroviacommunitycentre.org](http://fitzroviacommunitycentre.org)

Within easy reach of Great Portland Street,  
Goodge Street, Regent's Park & Oxford Circus Tube Stations

## Dates

**Monday 20 February 2017 6.15-8.45pm**

**Monday 27 February 2017 6.15-8.45pm**

**Monday 6 March 2017 6.15-8.45pm**

**Monday 13 March 2017 6.15-8.45pm**

**Monday 20 March 2017 6.15-8.45pm**

**Monday 27 March 2017 6.15-8.45pm**

**Optional practice day Saturday 1 April 10.30-4.30pm**

**Monday 3 April 2017 6.15-8.45pm**

**Monday 10 April 2017 6.15-8.45pm**

Call: Rowanne on 07452 829821 or Farah on 07980 014796

Email: [MBSRFitzrovia@gmail.com](mailto:MBSRFitzrovia@gmail.com)

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