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| **Mindfulness for Health** |  |

**Do you live with pain or illness?**

This course is based on the work of Vidyamala Burch, an internationally respected leader in the field of Mindfulness Based Pain Management. The course book, Mindfulness for Health, won first prize for popular medicine in the 2014 British Medical Association Book Awards.

Most people completing the course report lasting benefits, including:

\* A greater capacity to manage their health symptoms

\* An increased ability to relax and experience calm

\* More energy, enthusiasm and appreciation of life

**Thursday 18th January – Thursday 8th March 2018**

**2.30 - 5.00 pm**

At: Yoga Junction, 93a Weston Park Road, Crouch End

Cost £190 (Concessions available)

For further information please contact:

**Sophie Matthew srbmatthew@gmail.com 07956 666458**

***‘You can’t stop the waves, but you can learn to surf’***

***Jon Kabat-Zinn***