

# Mindfulness Workshop

**Tuesday 20<sup>th</sup> November**  
**7-9pm at Stamford Osteopathic Clinic**

*Learn more about Mindfulness with Louise Page,  
an experienced and skilled therapist,  
who specialises in stress management*

- **What's mindfulness & how the mind works**
- **Start to develop a more relaxed mind**
- **Stress management strategies**
- **Easy to use mindfulness**
- **Learn & practice included**
- **£45 per person** (pre book and pre pay)
- **Stamford Osteopathic Clinic**

(Main Street, Great Casterton, PE9 4AA)



***Contact Louise for more information***

**Louise Page | Clinical Hypnotherapist | Mind Coach | PLR Therapist**  
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