



**You are fed up with feeling stressed and anxious
You suffer from chronic pain or fatigue
You don't manage to get decent sleep
You don't want to fall into depression again
You want to leave your worries and just live**

Time to bring some changes in your life?

MINDFULNESS Meditation 7-week Training

- is an evidence-based training rooted in traditional meditation practice
- is widely use, not only in therapeutic context, as a method of coping with uneasy emotions, anxiety and stress as well as chronic pain /fatigue and as a prevention of depression;
- consists of 8 weekly group meetings of about 2 hours where you learn different meditation practices and your own daily meditation practice.

www.mindfulnessbxl.com

Next group from January 23rd till March 6th

7 sessions: every Monday from 7.30pm till 9.40pm

at Centre Le Sagesse Intérieure

32, rue General Lemans, 1040 Etterbeek

www.lasagesseinterieure.com

Price: €250 (7 sessions + materials)

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