

8-Week Mindfulness Course – Starting Soon

Discover the benefits of mindfulness:

- Reduce Stress – Stay present and manage stress more effectively.
- Improve Mental Well-being – Ease anxiety and low mood.
- Enhance Focus – Strengthen attention and clarity.
- Regulate Emotions – Respond, rather than react, to life's challenges.
- Build Resilience – Cultivate inner strength and balance.

The course will begin from Spring 2025 and is facilitated by BACP accredited therapist and BPS Mindfulness Coach Rachel Singh

Day/Time: From April 2025 will be held on Wednesdays from 6pm-8pm for 8 weeks.

Where: Phoenix Therapy Practice, 14 St George's Place, Brighton, Hove, East Sussex

Cost: £25.00 - £35.00 per session

For more information and to register your interest, please contact Phoenix Therapy Practice: Info@phoenixtherapypractice.co.uk 01273 256882

