



INTRODUCTION TO MINDFULNESS

Learn the basics of *mindfulness* practice and how it can help you live a more *relaxed* life.

Mindfulness has been proven to help people with busy lives deal with feelings of stress and anxiety.

Who is Mindfulness for?

Mindfulness offers valuable benefits to many individuals, including busy mums looking to relax and recharge, professionals grappling with stress and seeking healthy coping mechanisms, those working in high-stress environments prone to burnout, and creative individuals striving to enhance their focus and problem-solving skills.

How to Apply

For more information and to find out how to apply, please visit the AWARE NI website:

www.aware-ni.org/mindfulness



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