



**MINDFUL ME**

*with Emma*



**FREE  
TASTER  
SESSION**

# MINDFULNESS FOR WELLBEING

**MINDFUL MUMS & MUMS TO BE**

THURS JULY 4th 9:30-10:30AM | WEDS JULY 10th 8:00 - 9:00PM

**MINDFUL WOMEN**

THURS JULY 11th 7:30-8:30PM

**STUDIO EIGHT WELLS. 4 HERITAGE COURTYARD. WELLS  
HELLO@STUDIOEIGHTWELLS.CO.UK**

This is a taster of an evidence-based. 'Mindfulness for Wellbeing' programme. Research has shown that mindfulness can make a significant difference to both psychological conditions e.g., anxiety, low mood and stress and physical conditions e.g., chronic pain. I invite you to trial some of the mindful activities and meditations that the programme covers.