

## **MINDFULNESS-BASED STRESS REDUCTION**

My next 8-week course will run at:

Avenue House  
17 East End Road  
Finchley  
LONDON N3 3QE  
(Near Finchley Central Tube Station)

on Tuesday evenings  
from 7.00 - 9.00pm  
from April 28<sup>th</sup> – June 23<sup>rd</sup>

It will include one full day of practice on  
Sunday June 14<sup>th</sup> 10.00am - 4.00pm

3 CD's and a workbook are provided – an hour a day of homepractice is  
an integral part of the course

There are 14 places available

Cost: £275  
Some concessions available

For details contact

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