

## What some of our past participants said about our 8 week Mindful Living course.....

“This 8 week mindfulness course is truly life changing, a wonderful course. The skills I have learnt I hope to carry with me through life.”

*Sarah from Kilcreggan*

“ A wonderful 8 week course which leads to not only learning about meditation but also about yourself. You learn new tools to help you live more content and confident. This tool is yours, it's always with you to use at any time. It was all the better by having extremely knowledgeable and caring teachers with whom you can be open and learn from. “

*Mairi from Helensburgh*

“This course will promote calm, give you focus and clarity to achieve any goals you may have.”

*Moyra from Portincaple*

“Loved every minute about the course, I've learnt so much over the last 8 weeks, I especially like the meditation and breathing. The enjoyment of sharing with others in the group setting and how much their reward has been too. Feeling more hopeful about being able to manage and cope on a daily basis now. “

*Jo from Helensburgh*

“Mindfulness grows on you session by session and you don't want it to stop!”

*Rhona from Helensburgh*

“An excellent starter course in Mindfulness. Go and change your outlook on life!”

*Evelyn from Garelohead*

### And others said;

' I feel much calmer and happier with life, I have more time available now'.

'I have gained a much better sense of well-being'.

' I am able to make better decisions for myself now and am able to manage stress much better than before the course'.

For bookings & more info contact Cate on 07444 980939 or email [cate@helensburghyoga.com](mailto:cate@helensburghyoga.com)