

Mindfulness & Exercise

Peninsula Healthy Living's New Wellbeing Course

Yoga

**New Course Commencing Tuesday 29th
April 2014**

**Portaferry Integrated Primary School
@ 2.00pm-3.00pm**

Pilates

**New Course Commencing Friday 2nd
May 2014**

**Market House Portaferry
@ 9.30am-10.30am on Fridays**

How much?

**Book a 10 week Pilates or Yoga course
for £50 or book a combined course for
£70.**

Please ring 02842739021 to register



**Peninsula Healthy Living are now offering a one of a kind course that is
perfect for everyone including you!**

**This course introduces you to the brand new concept of mindfulness —
a mind body based approach that helps people change how they feel
about experiences, especially stressful ones.**

**When combined with Yoga and Pilates you will be equipped with
the ultimate stress busting package.**



We are living and working in times of constant change. Change is nothing new. What is new is that the pace of change is accelerating and mindfulness trains us to focus on the moment rather than allowing our attention to be hijacked by thoughts about the past or worries about the future.