

# FREE 8 WEEK COURSE MINDFULNESS FOR HEALTH FOR ANYONE LIVING WITH PAIN OR CHRONIC ILLNESS @ SPACE2

## the course

An 8 week Breathworks mindfulness program which introduces mindfulness based tools for living well with pain or illness. Suitable for beginners as well as those with experience of mindfulness.

## where and when

**Monday 14th Oct til 9th Dec**  
Weekly sessions from 10:00am-12:30pm. The venue for the course is **Space2 The Old Fire Station Gipton** Please note there is no session on 28th Oct (half term)

## to book

This course is FREE thanks to funding from the Jimbos fund. Booking is essential. To book email [info@mindfulnesscoop.co.uk](mailto:info@mindfulnesscoop.co.uk) or phone on 07914216950. Help may be available with transport locally if needed.



**SPACE2**

CREATE CHANGE

## what people have said about the course

My life was consumed by pain and I now have a little routine... This helps me to focus on things other than the pain I am in." "I have horrendous anxiety and what I really needed was some strategies to help me calm myself down. It's just given me the perfect tool to help with my anxiety. The best medicine!

**Leeds**  
Community  
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