



# Mindfulness and Yoga Therapy 8-week course

STARTING JANUARY 2015 AT WENDY BRAMHAM THERAPY

Start the New Year in a positive way by giving some time back to yourself! This course is an 8-week evidence based programme to combat stress and anxiety, developed by The Minded Institute. For further details and to register, contact Jo Morgan UKCP, HCPC, MBACP, IATE

The Newbury Centre for Counselling and Psychotherapy  
47 Cheap Street, Newbury, Berkshire RG14 5BX

info@jmpsychotherapy.com  
tel: 07919 487702

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