

To mark

WORLD MENTAL HEALTH DAY

An introduction to mindfulness

Support your mental health and resilience by learning new skills for lasting change.

Extra sessions included to mark World Mental Health Day



Monday 5th - Friday 9th Oct

catch yerself on!

5 day challenge : 30 minutes each day

Morning sessions

**Monday - Friday
10am - 10.30am**

Evening sessions

**Monday - Friday
7pm - 7.30pm**

Subscribe for Zoom access details NOW

<https://www.indigolifecoaching.com>

Sessions are free with optional donation to Aware NI

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