



# BEGINNER MINDFULNESS

## FROM COMPLEXITY TO CLARITY

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Ovio Mindfulness Beginner's course is an introduction to mindfulness and an amazing opportunity to relax, revitalise and connect with others whilst learning this powerful new life skill.

Evidence shows mindfulness enhances relationships, performance and wellbeing, and it has also been shown to help with a number of health concerns, to repair sleep and enhance energy levels.

In this course you will learn how to use powerful, yet simple mindfulness exercises to manage stress and emotional reactivity, connect with yourself, others and the community, and tap into your creativity.

With grounded everyday life examples, Ovio Mindfulness is evidence-based, practical and non-religious. It's a fun and relaxed introduction to mindfulness and ongoing support is available.

During the course you'll receive an Ovio Mindfulness Journal and access to free online resources including audio exercises.

**BOOK NOW**

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