

Inner Wellness Training Workshop

St Nicolas Parish Church, Nuneaton

Open to Volunteers & Community Champions

Mondays 8th, 15th, 22nd & 29th November 1230-330pm

- Do you want to feel more inner peace, happiness and joy?
- Do you want to help your friends, family and community to feel the same?

BENEFITS OF THE TRAINING

- ✓ Improved emotional & mental wellbeing
- ✓ Inner peace
- ✓ Less stress, worry & anxiety
- ✓ More energy
- ✓ Better able to sleep at night
- ✓ Learn new tools so that you can help others



Delivered by Vayia Nafees –
Meditation & Yoga Teacher and
Reiki Therapist.



The Inner Wellness Project

To find out more and to express an interest please email:

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