



momentumSpirit  
MINDFULNESS & MEDITATION

## 8-Week Course for Health & Wellbeing: testimonial...

The mindfulness and meditation course taught by Kevin Anjo was deeply meaningful for me.

Kevin's thoroughness, attentiveness and attention to detail individualised the course for each student.

Mindfulness is now an integral part of my life, and my daily meditation practice anchors me throughout the day.

Thank you, Kevin, for sharing your knowledge and for your continued sage guidance.



Caroline Langley, Barrister

