



## **6 week Mindfulness Meditation Course**

Commencing May 24, 2018

Learn a range of mindfulness meditation techniques that can be applied in daily life, to deal more effectively with challenge and elevate fulfilment.

### **Research has shown the benefits of mindfulness meditation practice include:**

Lower stress levels

Decrease in anxiety and depression

Health benefits, e.g. improved immune functioning

Cultivation of emotional regulation

Increase in concentration, clarity and creativity

Ability to manage pain

### **Course details:**

**Cost:** \$395

**Location:** Ivanhoe

**Date:** 6 Thursday evenings 6.30 p.m. – 8. 15 PM, starting May 24

**Contact:** For more information or to book for the pre-group, free introductory session please contact Michelle on 9499 1585

