

# Mindfulness Training

SKILLS FOR MANAGING STRESS IN WORK & LIFE

## A TWO DAY WORKSHOP

**SATURDAY 1 MAY 2021**  
9.30AM - 4.00PM

**SUNDAY 2 MAY 2021**  
9.30AM - 3.00PM

### BENEFITS OF MINDFULNESS

Mindfulness training has been shown in studies to have a number of health and personal benefits, including:

- **Increased calm, concentration, clarity**
- **More empathy and equanimity**
- **Increased immune response**
- **Greater capacity for appreciation**
- **Improved cognitive functioning**
- **Avoiding Burnout**

### FACILITATORS

**PAUL SANDERS** is an appointed Zen Teacher in the Diamond Sangha. He has twenty-five years' experience in contemplative, mindfulness, and meditation practice teaching. He has been involved in community project management and community service delivery. He is also a Uniting Church minister and lives in Melbourne where he offers mentoring and supervision and supports an ongoing Mediation group. ([www.cloudmountainretreat.com.au](http://www.cloudmountainretreat.com.au)).

**ANJA TANHANE** (MMus, Therapy) is a qualified Mindfulness Based Stress Reduction (MBSR) teacher, Tai Chi instructor, and registered music therapist. A meditation and Tai Chi practitioner for over thirty years, she regularly teaches the MBSR course and facilitates mindfulness nature retreats and meditation workshops throughout the year. Anja has provided workplace training in mindfulness and self-care to a wide range of community health and service providers, the corporate sector, hospitals, carer groups, and the Federal Court of Australia, has lectured in music and mindfulness at the University of Melbourne, and has presented her work at national and international conferences and forums ([www.mindfulnessmeditation.net.au](http://www.mindfulnessmeditation.net.au)).

**BOOKING A PLACE:** Gavin Morrow: 0418 504 985, [gavin@morrow.net.au](mailto:gavin@morrow.net.au).

**LOCATION:** Wimmera Wellbeing Centre - 28 Urquhart Street, Horsham

**COURSE CONTRIBUTION:** \$150