



Cost free service

Mindfulness Meditation

This introduction to mindfulness program seeks to:

- Offer an introduction to the art of mindfulness through the practice of insight meditation
- Provide you with a new way of approaching stress, thoughts and pain
- Deepen your understanding of the mind/body connection
- Provide tools that allow you to be with discomfort (physical, mental, emotional) in a more spacious, non-judgmental and kinder way
- Start the work of training and reshaping the brain to support heightened resilience, stress-reduction and wellbeing

Expectations from you:

- Weekly reading from the course handbook
- Participate in the informal mindfulness activities
- **Make the commitment to complete 40min of formal mindfulness practice each day** while the course is running

The Details

This program runs for 2.5 hours, once a week for 5 weeks. It is run in a small group with no more than 12 participants.

NEXT GROUP:

October 12th - November 9th
Wednesdays 13:00-15:30

WHERE:

Merri Community Health Service,
11 Glenlyon Rd, Brunswick

Onsite attendance is preferable.

Online opportunities are available.