



Cost free service

Five Weeks with 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:

- Read each relevant week of this 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 hours, once a week for 5 weeks. It is run in a small group with no more than 12 participants.

WHEN: Wednesdays 13:00 -15:00

WHERE: Merri Community Health Service, 11 Glenlyon Rd, Brunswick, 3056

***Please be aware that in response to changing COVID regulations and density limitations, this group may move online**

For specific start dates, please speak with your pain care team.