

Mindfulness-Based Stress Reduction

(8-week course, 2.5 hr/wk & Day of Mindfulness 7hrs)
Newcastle, 2012 Day & Evening Courses



A method for enhancing resilience for physical and emotional health and well being. Sustained practice of mindfulness can have a profoundly healing and transformative effect on one's life. Experience an increased sense of connectedness, peace and an ability to relax. Learn to cope with short/long term stress & consciously respond with clarity and focus.

Day	Thursday	10am	12:30 pm,	Feb 16th – April 5th, 2012
Evening	Monday	6pm	8:30 pm,	Feb 13th – April 2nd, 2012
Full Day of Mindfulness			9am-4pm	Sunday – March 25th, 2012

www.openground.com.au for venue details & more information about MBSR

Participants will be invited to explore the following practices:

Experiencing body & mind through yoga and meditation
Informal & formal mindfulness practices
Lying down body scan, mindful eating & walking meditation
Mindful communication & inquiry related to home practice
Exploration of patterns of thinking, feeling & action
Full-day retreat (between Wk 6 & 7) please provide own lunch.

Price: \$445 & \$360 Concession, 4 Practice CD's & Mindfulness Training Course Book included
Please wear loose, comfortable clothing and bring along a yoga mat.
Bookings essential, please phone Lisa, enrolment and payment by 31st of January 2012

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