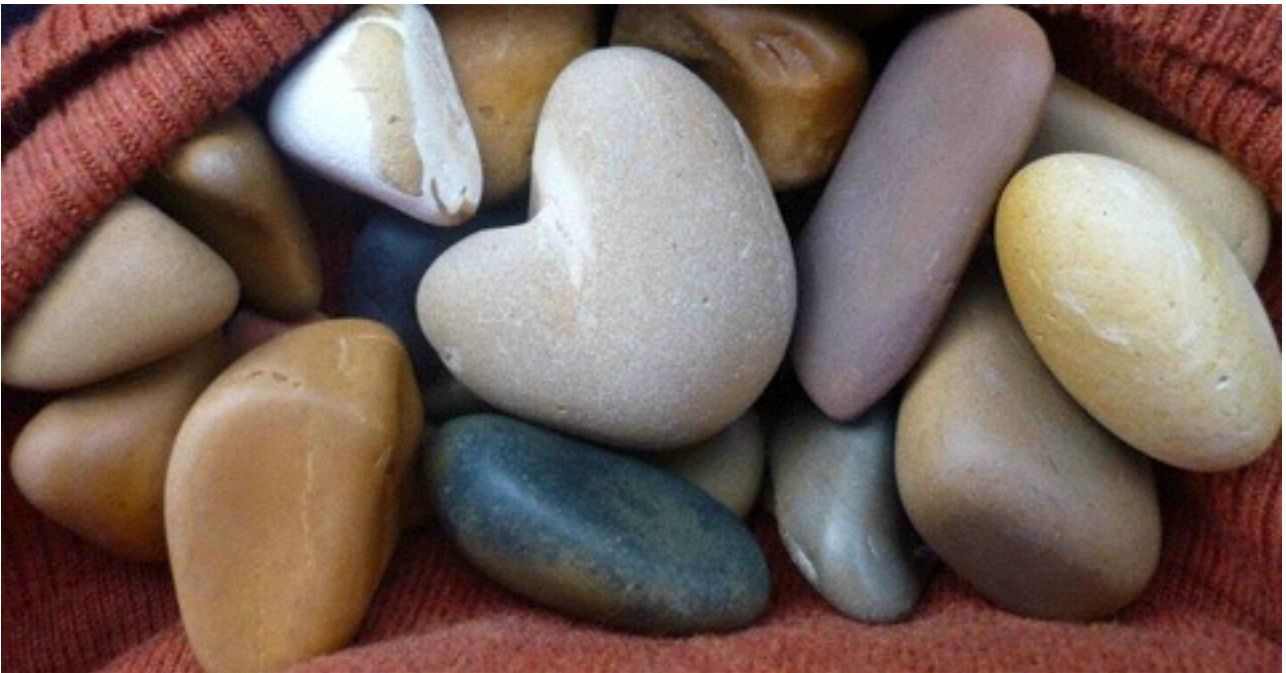


Mindfulness-based Stress Reduction



(8-week course, 2.5 hr/wk & Day of Mindfulness 6.0 hrs) Newcastle 2021 Evening

A method for enhancing resilience; MBSR is an experiential eight-week program which cultivates mental, physical and psychological resilience. You will learn a range of mindfulness practices to cultivate observant, accepting and compassionate stance towards your thoughts, emotional states, body sensations and impulses. This awareness can be used in the service of learning and growth in one's life, enabling one to consciously respond with clarity and focus, rather than react out of habitual patterns.

Term 4 - Monday 6:30pm – 9:00pm, Oct 18th – Dec 6th, 2021

Full Day of Mindfulness - 10:00am – 4pm Sunday – Nov 21st, 2021

All Registrations via www.openground.com.au see website for venue details & more information about MBSR, search for Newcastle. <https://www.openground.com.au/mindfulness-based-stress-reduction-mbsr/mindfulness-based-stress-reduction-from-isolation-to-connection-no-matter-where-you-live/> This course will be facilitated by Lisa Pollard www.lisapollard.com & Dr Jennie Broughton www.huntermindfulness.com

Price: \$690 & \$520 Concession: Includes course workbook, mindfulness recordings, ongoing access to class MBSR website. Register & Pay via Openground website, once registrations have been received, participants will be called to discuss course details & intentions around home practice. This is also an opportunity to speak with Lisa & Jennie about any further questions related to this 8 week program.