

mindfulness meditation

- daytime classes -

Quiet the mind

Balance the emotions

Ease the body

Open the heart

Mindfulness meditation helps us live more in the present moment, frees us from negative mindstates, and helps us to manage stress, anxiety and depression better; our relationships improve and life becomes more stable and satisfying.

In these supportive group classes for those with little or no meditation experience, or those who want to reconnect with mindfulness practice, learn:

- A clear, gentle, simple technique
- How to establish a regular practice
- How to use mindfulness to deal with stress, anxiety, depression
- How to deal with difficulties in meditation practice
- How to bring a meditative & mindful approach to daily life

TEACHER: Steve Brown has over 20 years of meditation experience in Australia, Nepal, India and Thailand. A counsellor and psychotherapist, he brings a gentle and grounded approach to his teaching of meditation.

WHERE: Clifton Hill Yoga Studio 127 Queens Pde Clifton Hill - upstairs

WHEN: **MONDAYS** 1.00 pm – 3.00pm for 6 weeks ***starting February 20th***

ENQUIRIES: 0417 169 662 sfb89@hotmail.com www.beingpresent.com.au

COST: \$210 – concessions available; includes guided instructions CD

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