

mindfulness meditation

- a beginning-

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 meditation, learn:

- A clear, gentle, simple technique
- How to establish a regular practice
- The importance of posture & attitude
- 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: Darebin Community Health, 42 Separation St Northcote

WHEN: **Wednesdays** 7.00 pm – 9.00 pm for 6 weeks **starting AUGUST 17**

ENQUIRIES/BOOKINGS: 0417 169 662 or sfb89@hotmail.com

COST: \$195 – includes guided instructions CD

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