

LEARN TO MEDITATE

Six week mindful meditation course for health and wellbeing

Modern life is hectic. Busy timetables, work pressures and increasingly complex social networks all challenge our capacity to stay well. For all the benefits of modern living, life can be stressful. Stress has been related to a number of health problems, both physical and psychological. It can also reduce our quality of life and relationships.

Learning mindfulness meditation helps us to recognize and manage stress before it gets out of hand. Mindfulness helps us to disengage from worrying about a future that has not yet arisen, or being stuck in a past that has already gone. It promotes relaxation and the capacity to enter into positive states of mind.

The meditation techniques taught in this course will assist you to develop a range of skills that will promote wellbeing and emotional resilience.

The program offers:

- Six one-hour group sessions
- Step-by-step instructions
- CD with guided meditations
- "How to Meditate" booklet
- Personalised feedback and support
- Connecting with others in a supportive, inspiring environment



For whom?

This program is suitable for anyone who would like to learn how to begin and sustain a meditation practice. It may be of particular benefit for those for whom stress, anxiety, or depression is an issue, or for anyone who would like to boost their self-care practice. It may also be useful for clinicians who are currently integrating mindfulness-based treatments into their therapeutic work.

Program Details:

Starts when and where: MORNING SESSION: Wed 26 Oct, 2011 9:00 - 10:00 am
EVENING SESSION: Wed 26 Oct, 2011 6:00 - 7:00 pm
Laurel House, 31-33 Dalton Drive, Maroochydore, Qld

Costs: Full course fee: \$180. Payment plan option available.

Bookings: Go to www.bemindful.com.au or phone: 545 115 75

The facilitator: Cameron Aggs (M. Clin Psych) MAPS, is a Clinical Psychologist in private practice in Maroochydore on the Sunshine Coast. He is an internationally published author on mindfulness with Taylor & Francis (U.K.). He has been engaged with mindfulness-based practices for 15-years, and recently released his first CD titled 'Meditations for a Busy World', which is available for purchase online.

Be Mindful

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