

YOUR MINDFUL LIFE



Find flow, ease and peace in these stressful times

MINDFULNESS WORKSHOP

By choosing this workshop, you are taking an essential step towards creating a happy, more fulfilling life. Your mind needs tending to the same way a beautiful garden does. A garden needs water, fertiliser, good soil, patience and love to flourish, just like our minds do. During this three hour workshop, we will explore different mindfulness techniques and discover how a simple, regular mindfulness practice alleviates suffering caused by anxiety and stress.

You will receive an e-book and three audio meditations so that you can continue to practise after this workshop

Extensive research has shown that mindfulness training can:

- Improve your physical and mental health
- Improve your focus, concentration and memory
- Lift your self-esteem and confidence
- Decrease stress and anxiety levels

If you think you are too stressed, too busy or too tired even to contemplate starting one then this workshop is definitely for you!

Date: 25th September 2021

Time: 12.30 - 3.30pm

Investment - \$185

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Workshop Outline

WHAT TO EXPECT

This three-hour workshop teaches students

- What mindfulness is and how to apply it to everyday life
- How to turn mindfulness into a new positive habit that will improve their quality of life
- The different types of formal and informal practices that can be used daily
- How the stress response works and how it affects the body
- How to decrease stress and anxiety
- How to improve your focus and concentration
- A simple technique to improve their sleep quality

FAQ's and Concerns

HOW, WHAT, WHERE AND WHEN

- **Do I have to sit on the floor?**

No, sitting in a chair or laying down is perfectly fine, as long as you're comfortable.

- **I have a crazy monkey mind, is this for me?**

Yes, mindfulness is for everybody. I'll teach you to meet yourself where you are at.

- **I'm so stressed; adding something to my list every day will only stress me out more!**

Mindfulness decreases your stress levels. Start small by choosing one informal practice each day instead of committing to sit for long or even short periods.

- **I'm too busy to fit this in; I don't have time. (this is a big one)**

Then you absolutely should do this workshop!

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Where: In the comfort of your own home

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Bookings can be made by contacting your studio owner

The best way to take care of the
future is to take care of the
present

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