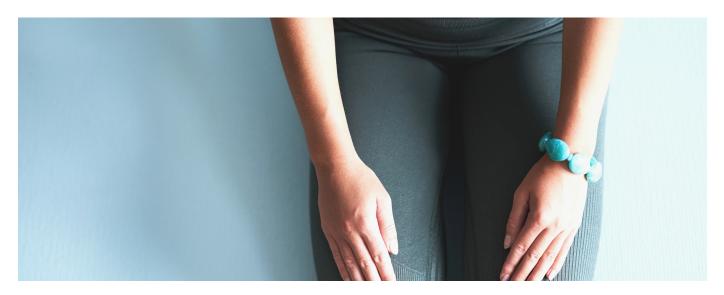
## YOUR MINDFUL LIFE



### 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

## YOUR MINDFUL LIFE



#### 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!

# MINDFULNESS WORKSHOP

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- Improve your physical and mental health
- Improve your focus, concentration and memory
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- Decrease stress levels and anxiety

If you think you are too stressed, too busy or too tired to even contemplate starting a mindfulness practice then this workshop is for you.

Date: 25th September 2021

Time: 12.30 - 3.30

Where: In the comfort of your own home

Investment: \$185

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

THICH NHAT HANH