

mindfulness meditation

- a beginning-

quiet the mind

balance the emotions

ease the body

open the heart

Mindfulness helps us live more in the present moment, frees us from negative mind-states and helps us to manage stress, anxiety and depression ; 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 and mindfulness, learn:

- A clear, gentle, simple technique
- How to establish a regular mindfulness practice
- How to use mindfulness to manage difficult emotions
- How to deal with difficulties in meditation practice
- How to bring mindfulness into 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 ***starts FEB 22nd***

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

COST: \$210 – includes instructional CD, concessions available

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