

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, and 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
- Ways to bring mindfulness into daily life

TEACHER: Steve Brown has over 25 years of meditation experience in Australia, Nepal, India and Thailand. A counsellor and psychotherapist, he brings a gentle and grounded approach to his teaching.

WHERE: 42 Separation St Northcote

WHEN: Wednesdays 6.30 – 8.00 pm for 6 weeks **starts March 1st 2017**

ENQUIRE/BOOK 0417 169 662 www.beingpresent.com.au sfb89@hotmail.com

COST: \$250 – includes instructional CD,
Rebates/concessions available – call and enquire

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