

Mindfulness Based Stress Reduction Course

For Anxiety & Stress



Our 8 – week Mindfulness Based Stress Reduction course is suitable for all who are currently experiencing stress and anxiety in their lives. In this program you will learn the ancient skill of mindfulness meditation and the benefits you could experience with regular practice.

The program will be run by Asha Padiseti who is a counsellor and psychotherapist, working with children and adults. Practicing mindfulness on a regular basis has been shown to:

- * **Help you gain insight into yourself & your relationship with others**
- * **Help you cultivate inner confidence and resilience**
- * **Bring a sense of calm**
- * **Bring awareness to yourself & your surroundings**
- * **Get a sense of different perspectives**
- * **Bring noticeable improvements in well-being &**
- * **Reduce anxiety & stress**

When: Starting Mondays 13th August 2018
Duration: 8 x 2.5 hours session between 11:15 am & 1:15pm
Where: Body Yoga, 1/15 Blackburn Square Berwick, Vic 3806
Cost: By donation

To make a booking contact:

Asha Padiseti
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Email: asha@mindfulcounselingaustralia.com.au