

Mindfulness Meditation For Beginners

NEW – Lunch time group Fridays 1 pm – 2.30

A five week introduction to Mindfulness and Mindfulness Meditation.

Are you?

Stressed, anxious or feeling depressed
Overwhelmed, too much on your plate
Teary and emotional
Rushing and not getting enough 'me time'
Finding it difficult to relax and unwind

Or?

Just interested in trying something new and, learning new skills to enhance your life?



Then come along and give mindfulness meditation a go!

**This group will be facilitated by Jiselle Saraghi, professional counsellor and psychotherapist (Masters in Counselling and Human services)
Jiselle has over 10 years experience working with individuals and couples. She regularly runs groups and workshops on mindfulness and meditation, incorporating these skills in her counselling work.**

The group will explore-

- What is meant by the term 'mindfulness'
- Ways to live mindfully

You will discover how-

- To enrich and enhance your life
- To handle painful thoughts and feelings

This group will provide a supportive, safe and nurturing environment where you will be able to explore how mindfulness relates to your individual issues.



When: Fridays

Time: 1pm – 2.30pm

Where: Aspire Health and Psychology

34a Mason St Newport

Cost: \$120 (5 sessions)

For bookings: call Jiselle on – 0409 517 804

Email: jiselles14@hotmail.com

(Hurry, limited places available)