

meditation *made easy*

life skills for your mind



Mindfulness Meditation Course

4 WEEKS - Starts Tuesday 7 May
6pm - 7pm at Stratford Natural Therapies
\$95 pp (bookings required)

Meditation and habits of Mindfulness are a proactive way of supporting mental wellbeing and expanding our window of tolerance to stress.

A short daily practice is a self-resource to quieten an anxious brain, focus and rest a wandering mind and open to a happier heart through personal insight and self-compassion.

This 4 week course starts a personal 6 week programme to support getting started and growing your own practice.

Small personal group - includes resource folder and MP3 audios

Zoe Strickland | m: 0420 504 421 | zoe@meditationmadeeasy.com.au

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