

Lotus Massage

MINDFULNESS BEGINNERS COURSES

MINDFULNESS IS FOR EVERYONE

Mindfulness is the psychological process of bringing one's attention to experiences occurring in the present moment, which can develop through the practice of Meditation.

Mindfulness is a skill and requires a practise. Through guided easy to do practises you will train your mind to observe your thoughts rather than getting caught up in them.

Experience life from a place of joy

MINDFULNESS reveals a set of simple yet powerful practices that can be incorporated into daily life to help break the cycle of unhappiness, stress, anxiety and mental exhaustion and promote genuine joy. It's the kind of happiness that sets in deep within your soul. It engages into everything you do and helps you meet the worst that life can throw at you with new courage.

Reduce your stress and improve your sleep

Clinical studies have shown that with a regular practise of 8 weeks or more stress and anxiety levels are reduced.

Cease the inner critic

Over the course you will learn skills to cease the tiny voice within so when it does speak you can determine if its something worth giving your attention to or simply dismissing it.

MINDFULNESS BEGINNERS COURSES

8 WEEK \$160.00

6 WEEK \$135.00

4 WEEK \$100.00

Casual \$ 28.00

All courses include an experienced mindfulness meditation teacher, manual, herbal teas and weekly handouts for your home practise.

Our courses run for 8 weeks to give you the full support needed to establish your own practise.

We do understand that some people may find the 8 weeks hard to commit to so we have added the options of 4 and 6 with a casual drop in if availability allows.

See our timetable for next available course

BOOKONLINE