

# MEDITATION AND MINDFULNESS: AN INTRODUCTION



## A COURSE IN MEDITATION AND MINDFULNESS

*Learn how to harness the power of mindfulness and meditation to create balance and peace, and maintain focus on your goals in today's busy life-style.*

Week 1 – Understanding meditation and the history of meditation

Week 2 – Empowering techniques to release anxiety, stress, busy mind and insomnia

Week 3 – Gratitude and the law of attraction part 1: Get what you want out of life

Week 4 – Gratitude and the law of attraction part 2: Relationships

Week 5 – Grounding and mindfulness in today's busy life-style

Week 6 – Meditation for healing

Week 7 – Review of meditation and mindfulness techniques and setting strategies to continue with meditation practice to become a daily habit

Each week, you will have the opportunity to develop skills that will enable you to practice mindfulness and meditation in your everyday life.

Through habitual, mindful practice, you will empower yourself to maintain focus on your goals and enhance the aspects in life that are most important to you, drowning out the noise and stresses of today's busy life-style.

Ongoing sessions every Wednesday with 7 week course rotations for new courses in meditation



**Date/Time:** Sessions held 12:15 – 1:15pm

**Cost:** \$15 per session (5 and 10 visit cards available)

Phone or email for information on **all mediation classes** and bookings on

8552 8229 or [info@thejoyfulbuddhas.com](mailto:info@thejoyfulbuddhas.com)