

What others have said...

- ⇒ *"I loved this course – it is one of the most useful things I have done"*
- ⇒ *"Thoroughly enjoyed the course! Have found myself using concepts in everyday conversation. I'm enjoying seeing new opportunities to use mindfulness/practise mindfulness."*
- ⇒ *"Very enlightening course – concepts that will be used daily"*
- ⇒ *"I think these skills should be something we learn as children and continue to develop throughout our life"*
- ⇒ *"The classes were made fun as well as being very informative. I have certainly benefited and will continue to be more mindful. Thank you for helping me to be more aware, helping me realise I can start to change and be more accepting of myself"*



Elise Wald
MA Psych (Health) MAPS
Clinical Psychologist & Director

Elise has a passion for facilitating growth, developing strengths and working with motivation. She is particularly interested in the field of mindfulness and wellbeing. Her interests are chronic health & behaviour change, grief and sleep psychology. She works with Mindfulness, CBT, ACT and Positive Psychology. Elise works with adolescents and adults in mindfulness classes.

Harpreet Kaur
MA Psych (Ed & Dev) MAPS
Registered Psychologist

Harpreet is passionate about living a fully mindful life. She is focused on being grounded, practical and making the most of our potential as humans so that we can thrive. She enjoys working with both children, adolescents and adults to assist them to find their inner strengths, develop their potential and experience higher levels of wellbeing and functioning in their lives.

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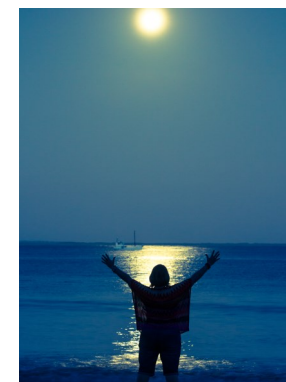
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MINDFULNESS TRAINING

Cultivating peace within



Training yourself to be in the moment and detach from unpleasant thoughts, feelings & sensations



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BECOME MORE MINDFUL!

WHAT IS MINDFULNESS?

Mindfulness embodies being in the present moment and not getting hooked into your emotions, physical sensations or thought processes that may disrupt how you wish to function. Mindfulness is a way of being. The classes help to give you the techniques for making being mindful a more conscious response. In a practical way It has been specifically designed to help you deal with all types of life issues. This results in you feeling more fully in control and making conscious decisions about how you want to behave, think and feel. As you develop your practice of mindfulness you will find the techniques and approach has an additional benefit of you feeling more relaxed and peaceful.

This course has been designed to give you a real understanding of how to use mindfulness beyond just theory. You will come away with techniques and knowledge of how our minds work as we incorporate understandings of how the brain works into the course. In addition within the small group setting, you will realise how human we all really are!

Clients on a Mental Health Care Plan can access Medicare rebated group sessions run by a psychologist in addition to their individual rebated psychological sessions. You will need to speak to your GP about this as a letter of referral is required for Medicare.

Clients on Private Health care with extras may be able to submit their claim and will need to confirm this with their own individual healthcare fund.

Course Duration: The course takes place over 6 class sessions of 1.5 hours each.

Each session has a theme which introduces the concepts and allows for practice and discussion.

Session outlines:

1. Introduction to mindfulness and releasing limitations
2. Mindfulness of breath and body scan
3. We are not our emotions or thoughts
4. Making room for unpleasant thoughts, feelings with self compassion
5. Physical mindfulness and tolerating discomfort.
6. Further tolerating of discomfort and pulling everything together into a mindful practice.

When:

Classes are held on a Monday Evening 6:30pm or Saturday morning 10:00am. The classes are informal presented in a comfortable environment.

Cost: The cost of each class is \$55.00 payable at each class. If you have a Mental Health Plan a Medicare rebate of between \$21.65 and \$31.65 is applicable per class. If you wish to pay for all 6 classes upfront a discounted bulk rate of \$300.00 offered.

*PLEASE NOTE: If you miss a class due to unforeseen circumstances, whilst every effort is made to assist in making up the class it may not always be possible. Please also note that unfortunately no refunds will be made for any classes paid for and missed and Medicare cannot be claimed for unattended classes.

Ongoing Meditation sessions:

We would love to welcome you to join our guided meditation on a Saturday morning at 9:15am to 9:45am and feel free to stay for a cuppa. Cost gold coin donation per session to our current charity.

Monthly Mindfulness Evenings:

Join us for a delish vegetarian dinner, a talk/open discussion on mindfulness and a relaxation meditation. Anyone welcome. \$30 per head. See our website for dates and booking. Alternatively call 9034 3380 for more details.

