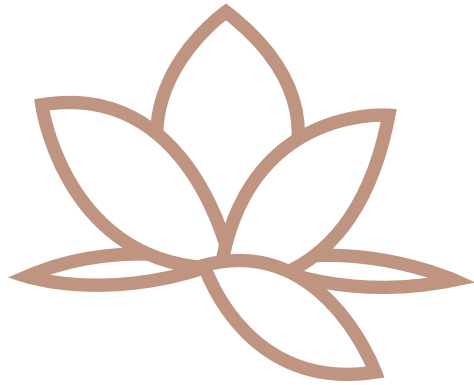


# Mindfulness Meditation 1

Beginners course  
6 sessions



- Assists in calming the mind and relaxing the body
- Helps manage stress and anxiety
- Develops self-esteem
- promotes self-awareness

## What is Mindfulness Meditation?

Meditation is about letting go, being present. Letting go of the burdens of the past and worries of the future.

Mindfulness is the awareness and the guide that deepens our connection to ourselves and our world.

Mindfulness meditation promotes a tranquil heart and a clear mind.

## About the Course

The meditation will be taught in a small group format and will be experiential and educational, with a practice CD provided. There will be a home practice commitment of twenty minutes daily between sessions.

## Group Facilitator

Jane Clark is a Registered Psychologist in private practice in Bondi Junction and the Randwick Psychology Centre. Jane works with clients on a broad range of issues including depression, anxiety, grief, trauma, alcohol and other addictions. The counselling/therapy is tailored to the individual and incorporates CBT, Mindfulness and Emotionally Focused Therapy. Jane has been teaching relaxation techniques and meditation for the last fifteen years.

## Course details

Courses run regularly throughout the year.

Please contact Jane on 0403817088 or at [janeclark@iinet.net.au](mailto:janeclark@iinet.net.au) for enquiries of the next course dates and cost

## Venue

RANDWICK PSYCHOLOGY CENTRE  
126-128 Avoca St, Randwick