

Mindfulness for Mums

Do you sometimes feel like there is too much happening around you?

Are the kids or family driving you crazy?

Do you sometimes feel like all you do is get cross at them?

Would you like some time out to become more relaxed?

Or are you just interested in knowing what Mindfulness is all about...

Does this sound like YOU?

Come and join us for a six week

Mindfulness program

Burra Community Library

Commencing Thursday 26th October 2017

1.00pm – 2.30pm

Cost: \$80.00

In these 1½ hour sessions we will explore techniques to

- ~ increase harmony in your work and personal life
- ~ gain clarity ~ improve relationships ~ reduce stress and anxiety
- ~ develop greater understanding and acceptance

Places are limited - to register or make enquiries, contact

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Certified Mindfulness-based Stillness Meditation Facilitators