

# MINDFULNESS GROUP

in Prahran every Tuesday from 8pm till 9:15 commencing Wednesday May 20  
preceded by a guided half hour of mindfulness practice from 7:15



Learn how mindfulness can help you deal with difficulties such as anxiety, negative thought patterns, worry, depression, addictions and much more.

Be supported in establishing your own regular mindfulness practice.

Learn to apply mindfulness to improve the clarity and balance of your own mind.

The half hour mindfulness practice at 7:15 is free. Cost of the group is \$140. People on a Mental Health Care Plan can claim \$120 from medicare.

Places are limited to ten - email or ring Colin

[colThompson@gmail.com](mailto:colThompson@gmail.com)

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MELBOURNE MINDFULNESS CENTRE

[stillmind.com.au](http://stillmind.com.au)