

MINDFUL LIVING

Integrating mindfulness into every day work and life

Taster Session - \$20

5.00-5.45pm - Sunday 13 November, 2016

Mindfulness is the act of being present and aware. Mindfulness can support us in becoming more present and focused, research has also proven that it can significantly reduce stress over periods of time.

This session will introduce you to some of the essential concepts of mindfulness and how to integrate it into everyday work and life. We will use various techniques to develop awareness of the self and become more present. Some techniques may include meditation, journalling, music, group discussion and other self-reflection tools.

This session will be introduced by Diane and facilitated by Mona. Diane is a Yoga Instructor and Founder of Yoga Shala South Perth, Mona has facilitated mindfulness sessions within organisations and is an Organisational Development Consultant and Coach.

To book please go to:

www.monamomtazian.com/mindful-living-programs.html

hi@monamomtazian.com

1300 668 591