



Mindfulness for Stress Reduction

This is a mindfulness course specifically designed to reduce stress in your personal and/or professional life.

This course is based on the 'Mindfulness-based Stress Reduction' Programme (MBSR), created by Jon Kabat-Zinn.

MBSR programmes are renowned due to their proven success in improving the emotional and psychological well-being of those who participate in and practise mindfulness meditation.

This course comes complete with summaries, mindfulness practices, recommended videos, and readings.

Oct 14th - Session 1: Simple Awareness

Oct 28th - Session 2: Dealing with Thoughts

Nov 11th - Session 3: Stress: Responding vs. Reacting

Nov 25th - Session 4: Dealing with Difficult Emotions

Dec 9th - Session 5: Mindfulness and Compassion

Each session is 75 minutes in length and is facilitated fortnightly on Wednesday evenings in the Theosophy Hall in Orewa.

The cost of this course to attend in person is \$95 for the 5 sessions, \$80 to attend via zoom and \$60 for the 5 recordings.

Check out my website for more info - www.eqmatters.co.nz - and take a look at what my clients have said about this course.

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