



Mindful Living Course 1

This is a mindfulness course specifically designed to help people to become a better version of themselves and consequently lead a happier and more fulfilling life.

Mindfulness 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 workshop comes complete with summaries, mindfulness practices, recommended videos, and readings.

Oct 14th - Session 1: Mindfulness and Compassion

Oct 28th - Session 2: Mindfulness and Acceptance

Nov 11th - Session 3: Mindfulness and Active Listening

Nov 25th - Session 4: Mindfulness and Forgiveness

Dec 9th - Session 5: Mindfulness and Gratitude

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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