



Practical Mindfulness – MIND GYM

PEACE IN A FRANTIC WORLD

Experiencing busyness and uncertainties, noticing the tension in our lives; How may we learn to struggle less through understanding mind processes and living with choice?

Can we live with more ease and peace in spite of the seemingly frantic nature; to be less anxious, less stressful, less exhausting, happier and healthier!

Based on a structured format, learn experientially step-by-step together in a group with others. **Four weeks each session 2 hours, with certified facilitator.**

DATE: BEGINS WED 25TH JULY 2018

TIME: 645PM TO 9PM

LOCATION: CHRISTCHURCH, MT PLEASANT CENTRE

REGISTRATION: EMAIL ELOSPARKS@YAHOO.COM

FEES: \$220 (SIGN UP THIS WEEK FOR 15% DISCOUNT)

AUDIO RESOURCES FOR ONGOING PRACTICE INCLUDED.

IF FINANCE IS AN ISSUE FOR YOU GET IN TOUCH FOR KOHA OPTIONS.

Based on a report in The Press, the proportion of people reporting that they felt stressed "always or most of the time" doubled from 8 per cent in the pre-earthquake to 19 per cent in 2015. Last year, police callouts for attempted suicides rose 60 per cent from pre-quake levels, the highest in the country. There is no need to wait till things become worse before we take action and responsibility for our own well-being and happiness. Perhaps it is a wake up call. An opportunity for us to explore living differently and care for our human potential of the mind and body.

Experience * Learn * Practice * Interactive * Lifeskills

FOR MORE INFORMATION CONTACT: CONTACT @0210 250 6597