



Information sheet Four Mindfulness Techniques

Venue:

We will send venue/parking information to you during the week leading up to the course. Please ensure that you let us know if your email address changes before then.

Tea breaks

Tea/coffee is provided on arrival, and at morning and afternoon breaks.

Lunch Breaks

You can bring your own lunch to eat at the venue, otherwise there is a range of nearby food outlets you can access. We have an hour for lunch.

What to bring

Dress in loose layers of comfortable, casual clothing allowing for warmth as required. Bring a pen to take notes with.

Making the best of a 3 day intensive:

It is the nature of experiential training that participants might experience various frustrations with the practice and the inductive learning process. These frustrations naturally become a useful part of the learning, sometimes the most useful if you persevere to discover the value. If you have any difficulties, including those that might have you considering withdrawing, please talk to me as I may be able to assist. You will not be the only one experiencing some challenges, so it is great learning for everyone when you share these and we can respond to them.

Feel free to take notes, and reflect and meditate in the evenings after the course. As best as is possible, minimise distractions by clearing other commitments on the evenings of this course so you have the opportunity to immerse yourself in the experience and integrate new learning.

Attendance:

If you are late, for whatever reason, please just come on in and join in.

And after the Course

Mindfulness Centre runs a range of courses for the general public and for professionals in the health care field. Please visit our website for more information on our other courses ranging from ½ day, to 8 week, to 3 day intensives and retreats. Please check our calendar for regular updates and locations across Australia.

Please feel free to contact us at mind@mindfulnesscentre.com if there are any other questions you would like answered before the workshop starts.

Liana

Liana Taylor
Psychologist, Meditation Teacher
Director

www.mindfulnesscentre.com

mind@mindfulnesscentre.com 08 8272 0046