

## Information sheet Mindful Relationships Course

### Venue:

We will send venue/parking information to you during the week leading up to the course.

### 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.

### Format of the day:

The focus throughout is on integrating the learning through the presentation of information, exercises, group discussion, and brief meditations.

### 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](mailto:mind@mindfulnesscentre.com) if there are any other questions you would like answered before the workshop starts.

*Liana*

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