

Mindfulness Mondays



"An acceptance of the present experience just as it is"

Come along to learn about and experience the many benefits of mindfulness...

Practising mindfulness involves training the brain to improve attention, awareness, acceptance, and compassion for oneself and others. Mindfulness practice enables us to develop a more flexible and adaptive response to stress and improve our psychological wellbeing.

LIMITED PLACES
BOOKINGS ESSENTIAL

Venue: UCWB

77 Gibson Street, Bowden SA 5007

Time: 10:45am – 12:00pm

Meet early at 10:45am for coffee and a chat.

Dates:

23 July		30 July 2018
6 August		13 August 2018
20 August		27 August 2018
3 September		10 September 2018
17 September		24 September 2018

RSVP: Call **8245 7196** or
email customer@ucwb.org.au