Parent/Carer Workshops

With Janet Etty-Leal

Sponsored by: Montague Continuing Education Centre and Anglicare Victoria/Parentzone South

Venue: Montague CEC, corner Gladstone St and 100 Montague Street, South Melbourne

Dates: Saturday 17th October 2015, 10am -2pm
2nd session date to be decided by group

No cost, light lunch provided

'The most precious gift we can offer others is our presence. When mindfulness embraces those we love, they will bloom like flowers.'
Tich Nhat Hahn

Mindfulness is a practice to make the most of life!

The aim of these Workshops is for parents and carers to make sense of Mindfulness; to find ways to practice and apply Mindfulness in everyday life and reap the benefits of enhanced wellbeing personally and within the family unit.

Content Includes:

The Power of Pausing: Refining Attention
Establishing Self Awareness
- Understanding the concepts of relaxation, meditation and self-awareness
- Basic physiology: the body
- Basic physiology: the breath

Building Mindful Skills
- Stress: understanding triggers and reactions
- The emotional power of words
- Sense-sational Strategies: sight, smell and touch
- “... sound, taste and humour!
- Stillness Practice

Enquiries and Bookings:
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