

Mindfulness & Self-Compassion Workshop



Are you often lost in thought or not present in day to day life?

When you are struggling in life, how do you treat yourself?



If you would like to learn these skills, this workshop is for you!

Introductory course to learn the basics of Mindfulness and Self-Compassion

Learn about the basic concepts of Mindfulness

Learn about the 3 basic components of Self Compassion

Learn experientially how to practice basic mindfulness and self compassion skills

Groups are run by:

Dr Susan Barnett
GP Counsellor, at Bluff Rd Medical Centre &

Dagmar Marek
Counsellor & Family Therapist
DagmarMarek.com.au

Facilitators are highly experienced in Mental Health & Well-being

FOR BOOKINGS OR ENQUIRES

Sign up for your interest on workshop at reception, or call Dagmar on 0438 660 807 or email: info@dagmarmarek.com.au

Thursday , 7-9pm

Where:
Bluff Road Medical Centre, 328 Bluff Road, Sandringham3191

Cost:
AUD 80

Payment is required to secure your booking.

No refunds provided 3 days before the workshop.