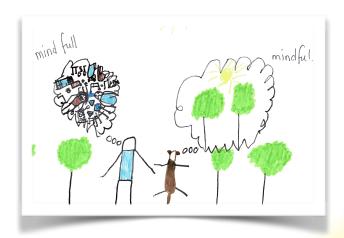
Mindfulness & Self-Compassion Workshop



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

When you are struggli<mark>ng</mark> in life, how do you treat yourself?



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

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.

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