

### **Mindfulness meditation**

A program designed to reduce stress and increase joy and happiness, Aneeta Snow Ph 0400855418 Small meeting room 4-4.45 Mondays during school terms commencing Monday 6 Feb open to all.

“Mindfulness is awareness that arises through paying attention, on purpose, in the present moment, non-judgementally,” Jon Kabat-Zinn.

Cultivating this ability to observe the present, without judgement, can help us to respond to our experiences with clarity and focus, (rather than reacting out of old habits and patterns), in a manner that is most nourishing for ourselves and others.

People come to mindfulness courses / practices for a variety of reasons:

1. Self-regulation (to reduce stress, pain, anxiety, depression);
2. Self- exploration (to understand oneself better emotionally, physically and mentally);
3. Self-liberation (discovering our purpose in life, the meaning of life and other existential explorations).

Different types of practices will be offered including breath awareness, body scan, gentle movement (able to be done by everyone), walking meditation.