

Mindfulness Course for Men

Reduce Stress – Feel More Relaxed – Improve Health



Steve Connell

Business Coach & Trainer
Accredited Mindfulness Teacher

8 Weekly Sessions 7-9pm

Dates To Be Advised

**Havelock North Function
Centre, 30 Te Mata Rd**

**\$200 inc Comprehensive Workbook
and Memory Stick of all meditations**

More info & to register contact
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Mindfulness is a mental state of awareness, openness, and focus that helps you reduce stress, improve your health, manage your emotions, enhance performance, increase vitality, and generally change your life for the better. What man in today's world doesn't want that?

Mindfulness skills are easy to learn and you can practice them anywhere, anytime

Meditation is increasingly recommended for relaxation and stress management, to enhance relationships and wellbeing, to increase performance in sport and business, for personal growth, and to assist healing and transform pain

For centuries meditation has been used as a simple yet profound means for developing self-awareness, wisdom and compassion. Nowadays, meditation techniques are finding increasing clinical application for both groups and individuals. Over 2,000 reliable studies have shown meditation to be therapeutic for a wide range of physical and psychological conditions: depression, anxiety, chronic pain, hypertension, sleep problems and the impact of stress and trauma. Meditation now plays a primary role in an integrated approach to dealing with chronic illnesses

Mindfulness-based Stillness Meditation (MBSM) is a practical and effective introduction to developing a mindful approach to your everyday life, and building a satisfying meditation practice using three easy to learn steps. MBSM has been developed by two leading Western meditation teachers, Ian Gawler & Paul Bedson, from The Gawler Foundation, Australia <http://gawler.org/>



Completed meditation teacher training with

The Gawler Foundation

**An integrated approach to health
healing and wellbeing**