



Join this six week meditation-based wellness course to help you & your family:

- Reduce stress at home and work
- Respond wisely to life's challenges
- Manage emotions such as anxiety, depression, anger & grief

and



- Cope with symptoms of chronic pain and illness
- Improve sleep and support immune system functioning
- Cultivate inner peace, for body and mind

and



- Grow in self-awareness, self-compassion, and resilience
- Sharpen your ability to focus and concentrate
- Savour your life with renewed purpose and passion



People of many cultures and beliefs tell us they benefit from attending *Mindfulness & Awareness Aotearoa*. This wellness course combines the universal wisdom of mindfulness meditation with helpful and proven teachings from modern psychology. It is based on the *Mindfulness Based Stress Reduction Programme*.

Your Experience Is the Key. *Mindfulness and Awareness Aotearoa* is experience-based. When you practise mindfulness meditation, you will clearly notice the positive changes in your well-being and outlook on life.

Cost: Just a one-time \$5.00 materials fee. Contact us now!

Night and day courses available in South, East and West Auckland: You must REGISTER to attend

Manukau

Nathan Homestead
70 Hill Road, Manurewa
Monday Day: 11:30 a.m. – 2:00 p.m.

Henderson

Hubwest Community Centre
27 Corban Avenue, Henderson
Thursday Day: 11:30 a.m.–2:00 p.m.
Thursday Evening: 6:00 p.m.–8:30 p.m.

Otara

Otara StarCare Center (upstairs)
120 East Tamaki Road, Otara Mall
Tuesday Evening: 6:00 p.m. – 8:30 p.m.
Tuesday Day: 12:00 p.m. – 2:30 p.m.

Glen Innes

Baha'i Centre,
129 Taniwha Street, Glen Innes
Tuesday Day: 11.30 a.m. – 2:00 p.m.

Thursday Evening: 6:00 p.m. – 8:30 p.m.

Mount Roskill

Mount Roskill Medical Centre
445 Richardson Road
Wednesday Day: 11:30 a.m. – 2:00 p.m.



Receive a CD or MP3 and workbook for home practise

To register or more info contact the Mindfulness Coordinator – Michelle (09) 274-7823 Ext 9978

