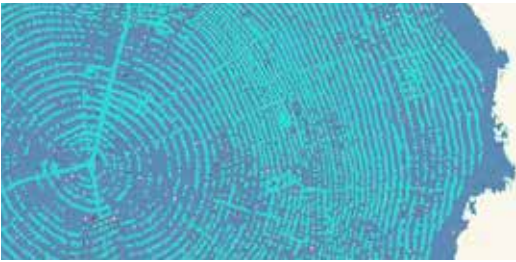




the Mindful Well

8-Week Group Program

30th April- 18th June, 2014



MBSR is a secular and internationally recognised program that involves systematic training in mindfulness. It gives you greater ease, stability and wellbeing when facing the challenges of life, and it is a resilient and compassionate way of looking after yourself.

Mindfulness-Based Stress Reduction (MBSR) for Resilience and Wellbeing

Days Wednesday Evenings
Dates 30th April - 18th June {Registration closes April 28th 2014}
* Day of Mindfulness : Sunday 8th June, 9.30am - 3.30 pm
Time 6.30 - 9.00 p.m.
Where Melbourne Citymission, 472 Nicholson St., Fitzroy North 3068
Cost \$ 490/-
Concessions & Payment Plans available
Contact Mobile: 0408 336 917 : Email: themindfulwell@gmail.com

YOUR DETAILS:

Name

Date

Email

Phone

Payment Method	Cheque Number & Banking Institution	Amount AUD
Cheque payable to SM Peyton, The Mindful Well		
Direct Debit	Receipt Number	Amount AUD
Police Credit Union BSB: 704 230 A/C: 1004 293 00 Acc Name: S M Peyton The Mindful Well		

Please send your registration details to
Suzanne Peyton, Melbourne Citymission, 472 Nicholson Street, Fitzroy North, 3068 Vic.
or email it to themindfulwell@gmail.com



www.themindfulwell.com

REGISTRATION FORM