

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



THE MINDFUL WELL  
Mindfulness Training & Coaching  
[WWW.THEMINDFULWELL.COM](http://WWW.THEMINDFULWELL.COM)

**“You may not be able to stop the waves, but you can learn how to surf them”** —Jon Kabat-Zinn

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

8 WEEK GROUP TRAINING PROGRAM  
10 OCTOBER - 5 DECEMBER 2017

GUIDED MINDFULNESS MEDITATION PRACTICES ▪  
INFORMATION SEGMENTS ▪ GROUP DISCUSSION ▪  
DAILY PRACTICE GUIDELINES ▪

## BENEFITS

- Improved sense of wellbeing and enjoyment of life
- An increased capacity to relax
- Greater capacity to tolerate short and long term stressful situations
- Reduced anxiety and depression
- Greater self-awareness

### FACILITATOR

**SUZANNE PEYTON** RN BA MPH GC ORG. COACHING  
Suzanne facilitates mindfulness workshops, evidence-based group-training programs and individual coaching in organizations, healthcare and tertiary education institutes.

To register your interest please contact Suzanne.

Mobile: **0408 336 917**  
Email: [themindfulwell@gmail.com](mailto:themindfulwell@gmail.com)

**INVESTMENT: \$ 660/-**  
Concessions may apply

**VENUE:**  
MELBOURNE CENTRE FOR MINDFULNESS  
16 TRINITY PLACE,  
EAST MELBOURNE, VIC

**Tuesday Evenings:**  
**6.30 – 9.00 pm**

**10<sup>th</sup> Oct – 5<sup>th</sup> Dec**  
{Registration closes on Wed 4th October, 2017}

**Day of Mindfulness :**

**Sunday Nov 26**  
**09.00 am - 4.00 pm**

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