

# Mindfulness Based Stress Reduction

M.B.S.R. 8 Week Course

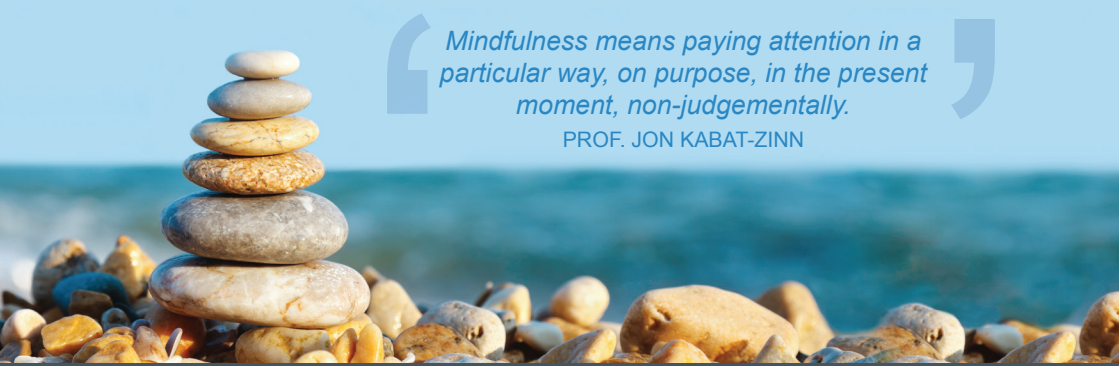
**With Dyan Ostrow MBSR Practitioner,  
Yoga Teacher, Counsellor & Psychotherapist**

The practice of mindfulness works on your physical and emotional health and well-being. Mindfulness is about learning to be in the moment, to let go of past issues or future concerns, to bring compassion and understanding to oneself.

If you live with chronic pain, stress, depression or anxiety, mindfulness practices have been researched and medically proven to help.

Mindfulness may also provide relief and support with issues including heart disease, high blood pressure, fibromyalgia, headaches and IBS. It enhances relationships and issues of work and life.

Mindfulness can be developed as a meditation practice from 3 - 20 minutes. There is no right way or wrong way to meditate.



*Mindfulness means paying attention in a particular way, on purpose, in the present moment, non-judgementally.*

PROF. JON KABAT-ZINN

Discover a **structured** & **balanced** approach to bring mindfulness into your daily life

Learn:

- \* How to reduce stress & create more choice
- \* How to build resilience
- \* How to make more conscious decisions
- \* How to improve your memory
- \* Breathing techniques & to slow down
- \* Within a safe supportive environment

To find out how mindfulness can bring more clarity and compassion to your life, contact Dyan on **0418 605 623**

