



An invitation to Learn MINDFULNESS

Three Tuesdays: 14, 21, 28 August. 5.45 – 7.00pm
Trafalgar Hall, 67 Trafalgar St, Nelson

About the course

Ovio's **Mindfulness One** is a beginners' mindfulness course, designed to improve wellness, raise performance, enhance your relationship with yourself and others, and develop greater overall clarity.

Benefits

You will learn grounded, powerful mindfulness techniques to apply personally, at home and at work, to improve your focus, engagement and productivity. Mindfulness has been shown to reduce stress, anxiety and reactivity, increase energy levels, and support better relationships.

Ovio's **Mindfulness One** course is part of a global, evidence-based, worldwide mindfulness movement, increasing wellness, creativity, performance and relationships.

Your course investment of \$95 includes:

- Three 75-minute mindfulness sessions
- A mindfulness journal
- Practical, beneficial DIY exercises
- Audio downloads

What's in the course?

SESSION 1

INTENTION & MOTIVATION

What is Mindfulness?
Mindful breathing exercise.
Secrets of the mind unveiled.
The truth about multitasking.
Discussion.

SESSION 2

A CALM CLEAR MIND

Managing stress.
Living in the present.
Mindful body scan exercise.
Dealing with difficult emotions.
Discussion.

SESSION 3

RELATING TO OTHERS

Communication.
Empathy and compassion.
Mindfulness exercise.
Integration and change.
Discussion.

Presenter: Dharan Longley – Mindfulness facilitator, Trainer & Counselor

To enquire and enrol contact Dharan

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