



An invitation to
Learn MINDFULNESS

Three Tuesdays: 30 October, 6 & 13 November. 5.45 – 7.15pm
 Trafalgar Hall, 67 Trafalgar St, Nelson

About the course

Ovio's **Mindfulness One** is an introductory mindfulness course, designed to improve wellness and performance, enhance your relationship with yourself and others, developing greater overall clarity.

Benefits

You will learn grounded, powerful mindfulness techniques that can improve your focus, engagement and productivity. Regular mindfulness practice reduces stress, anxiety and reactivity, enhances relationships, while increasing energy levels and overall wellbeing.

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 \$110 includes:

- Three 90-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 1
- Secrets of the mind revealed
- The truth about multitasking
- Discussion

**SESSION 2
 A CALM CLEAR MIND**

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

**SESSION 3
 RELATING TO OTHERS**

- Communication
- Empathy and compassion
- Mindful breathing 2
- Integration and change
- Discussion

Presenter: Dharan Longley – Mindfulness facilitator, Trainer & Counselor

To enquire and enrol contact Dharan

M: 022 628141

E: dharan@trainingsource.nz

W: trainingsource.nz

