

Introduction to Mindfulness Meditation Program - 2019 Registration Form



About Meditation

Meditation was traditionally used as a method to reach a state of higher consciousness, with good health just being a side effect. Now with our understanding of stress and the benefits of relaxation, meditation has become an effective technique in treating a wide range of physical, mental and emotional stressors.

Mindfulness Meditation is about:

- **Being present** in the moment and **mindful** of our day to day experiences (allowing yourself to be **still** and paying attention only to what you are doing here and now).
- **Observing** our senses, thoughts and emotions **without judgement** (being open to them and allowing them to flow).
- Increasing our level of **self-awareness** so we can learn to make thoughtful choices, decisions and actions (being **calm** and **less reactive** to challenging situations).

Benefits of Meditation

Establishing a meditation practice can have many benefits in every-day life. It can help you:

- Relax physically and mentally
- Relieve stress and tension
- Promote peaceful and harmonious relationships
- Increase productivity at work and home
- Improve performance in sport
- Enhance focus and concentration
- Cultivate self confidence
- Connect with intuition and insight

Introduction to Meditation Program

Our introduction to meditation program is for beginners or those that have been using say an app but are wanting more in depth guidance and knowledge of mindfulness meditation, as well as tips and assistance in establishing a practice. It covers a variety of techniques to give you an overview and practical experience of each, so you can then establish your own practice using the technique/s that you found the most useful and effective in meeting your goal for wanting to learn meditation.

The 6 week program covers the basics such as posture, positioning, breathing techniques, body relaxation, sensory awareness, mindfulness of thoughts and feelings. For those that want to expand their experience and practice further you can then go on and do our second 6 week program which includes more Active Styles of meditation such as insight, mantra, movement and sound.

The cost is \$120 and all materials are supplied, including mats, cushions, blankets, chairs, and a manual and handouts to take home with you.

Classes run for approximately one hour and are held at the [4/131 Currie Street](#) (Nambour Arts & Fitness Centre). However, please note the entrance is near the bottom of Howard Street via the driveway between number 36 (brown brick building) and Suncoast Care (grey rendered wall with Jazzercise sign on it). If there are no parking spots available then try Sydney Street. The building is in the back right corner – go in through the glass sliding door next to Jazzercise, through the waiting room and up the short set of stairs and follow the signs down the hall.

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Name: _____

Date of birth: _____

Phone: _____

Email: _____

Address: _____

Emergency Contact (name and number): _____

Class Day/time:

n.b. other days/times are available if you have a group of 3 or more – please email me or complete online contact form.

Wednesday 6th February – 7.00pm (60-75 minutes)

Cost: _____

\$120 – payable up front

Any previous meditation experience: _____

Reason or goal for wanting to practice meditation: _____

Any physical or mental health conditions: _____

Payment Options:

- Internet banking – BSB: 064424 Account: 10659674 (meditation sunshine coast)
- Paypal at www.paypal.me/meditationprograms
- Mastercard or Visacard- please complete the following or call us to provide details

Name on card: _____ Expiry: _____

Card number: _____ CCV: _____