

Introduction to Mindfulness Meditation Workshop (90min)

- What is mindfulness and meditation
- The benefits of meditation
- How meditation works
- Posture and positioning
- Breathing techniques
- Full length meditation
- \$175 for up to 12 people



Introduction to Mindfulness Meditation Workshop (3 hours)

- Run as two sessions with a short break in between
- What is mindfulness and meditation
- The benefits of meditation
- How meditation works
- Posture and positioning
- Breathing techniques
- Body relaxation exercises
- 2 x full length meditations
- Printed guide for each attendee
- \$350 for up to 12 people



Introduction to Mindfulness Meditation Program (6 weeks x 60-90 min sessions)

- What is mindfulness and meditation
- The benefits of meditation
- How meditation works
- Posture and positioning
- Breathing techniques
- Body relaxation
- Sensory awareness
- Thoughts and focus
- Emotional awareness
- Visualisation techniques
- Full length meditation each session
- All equipment provided (mats, stools, cushions, etc.)
- Printed guide/workbook for each attendee
- \$150 per person for a minimum of 6 people



All workshops include equipment, e.g. meditation cushions, stools and mats, and are for a maximum of 12 people. Any people over the 12 will be charged additional. These workshops can be tailored to all demographics and industries, e.g. schools, health workers, retailers, business professionals and industrial enterprises. They can be held in your workplace or a venue hired on your behalf (at additional cost).



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