

Introduction to Mindfulness Meditation Workshop (90min)

- About mindfulness and meditation
- The benefits of meditation and how it works
- Posture and positions
- The stress response
- Breathing techniques
- Full length meditation
- All equipment provided (mats, cushions, stools, etc.)
- Printed guide for each participant
- \$330 for up to 12 people
- Online option - \$110 for 60 minute webinar



Introduction to Mindfulness Meditation Workshop (3 hours)

- About mindfulness and meditation
- The benefits of meditation and how it works
- Posture and positions
- The stress response
- Breathing techniques
- Body relaxation exercises
- 2 x full length meditations
- All equipment provided (mats, cushions, stools, etc.)
- Printed guide for each participant
- \$495 for up to 12 people

Mindfulness Meditation for Beginners Program (8 weeks x 30-45 min sessions)

- Live online short classes – easy to digest and convenient!
- Mindfulness
- Meditation
- Breathing techniques
- Sensory awareness
- Body relaxation
- Managing thoughts
- Emotional awareness
- Action plan to establish a practice
- Weekly meditations, PDF guides and home exercises
- \$1,495 for up to 20 participants.



Workshops and programs 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 (additional cost).

Call or email to book or make an enquiry:

0438 915 830

michelle@meditationsunshinecoast.com.au

meditationsunshinecoast.com.au

meditation-courses.teachable.com

