



# YOUR MIND COACH

A PERSONAL TRAINER FOR YOUR MIND

Level 2, Suite 2, 16 - 18 Cross Street,  
Double Bay 2028  
ph: 0433 496 390  
<http://yourmindcoach.com.au/>

## LEARN MINDFULNESS MEDITATION

Weekly classes at 12:30 or 7pm  
from 20<sup>th</sup> Feb to 19<sup>th</sup> March each for approx 1½ to 2 hrs

This course is for you if you want to

- Reduce stress or anxiety
- Minimise physical pain or illness
- Improve your sleep and sense of well-being
- Enhance concentration and focus

Over 5 classes you will learn how to

- Meditate in 4 easy steps & incorporate mindfulness and positivity into your every day
- Understand how and why your body responds to stress
- Improve your sleep, deal with pain and strong emotions
- Increase your health, happiness and productivity at work

### Payment details:

PAID	COURSE COST	GST	TOTAL
By Mon 30th Jan (13% discount)	\$200	\$20	<b>\$220</b>
After Monday 30th January	\$230	\$23	<b>\$253</b>

*Please pay in full before commencement of course to ensure your place is confirmed*

- Bank Deposit BSB 302-963 Acct No 0133805
- Cash/cheque (cheque payable to Judith Lissing)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Postcode: \_\_\_\_\_ Phone / Mobile: \_\_\_\_\_

Email: \_\_\_\_\_

Please state preference:  Mondays 12:30pm  Mondays 7pm

Have you had any previous experience with Mindfulness or Meditation? If yes, please describe.

\_\_\_\_\_

Primary reason for undertaking this course or what you would like to learn:

\_\_\_\_\_

Please email back to [meditate@yourmindcoach.com.au](mailto:meditate@yourmindcoach.com.au)

Call Judith on 0433 496 390 for more information

*Cancellation Policy: Payment for this program is transferable but non-refundable*