

Re-program your brain! Come off autopilot and break the patterns that are keeping you from thriving.

Video about Mindfulness classes link

<https://click.email.vimeo.com/?qs=4f035d51f622787fb6835dcc41a2c6045a8f154ff97e494094dc2aee5aca04c1cbee94acb70928975ba614ec7ac379cb33e30dbb9920975caf7534b4f840f66>

We run Mindfulness Classes every school term either on a Monday night 6:30-8:00pm or Saturday morning 10:15am-11:45am.

If you are wanting to register for these classes feel free to contact us on 9034 3380

Classes for Term 4 2017 begin in October.
Classes for Term 1 2018 begin in mid-February

If you are already engaged in one on one Therapy this course can complement and accelerate your progress and does not interfere with your existing health plan allocation.

Even if you have read about or attended a mindfulness course elsewhere you will find the content of this course to be useful and leave you with a deeper understanding of how to apply these skills.



A course on how and why it is useful to learn mindfulness skills to reprogram the brain and put us back in control!

Introduction Mindfulness Class 1st level -Practical application to live more mindfully

This course is aimed at those who like to know why they are learning and adopting new skills. It will give you information about how the brain works when we are mindful and when we are not mindful and what the benefits are. The concepts behind developing dispositional mindfulness are explained in terms of how the brain works, learns and changes.

This is a course that has been specifically designed to help you make more conscious choices about how to interact with your thoughts, your emotions and behaviours in a way that puts you back in control in a real and practical way.

Join Elise to consciously program a pause button and take back full control of the pilot seat.

An ideal course of classes for beginners or those wanting to refresh skills and apply knowledge in a practical way.

The classes will introduce you to easy examples of both formal and informal ways of training the brain with mindful meditation and are presented in a relaxed environment.

Our classes cover Mindfulness Skills training applying to:

1. Releasing limitations and mindfulness principles
2. Developing awareness and observing
3. How to interact with our emotions and thoughts in a more useful way
4. Making room for unpleasant thoughts and feelings with self-compassion
5. Tolerating discomfort and frustration
6. Being more in control of what we pay attention to and being able to disengage from

Our classes are restricted to a maximum of 10 people. We do require a minimum number to start the classes so it is possible that the start date can be delayed to accommodate numbers.

TO REGISTER: Email admin@centre4inspiration.com.au to register your interest or to request further information.

What others have said:

- *“Found it very stimulating, looked forward to every week”*
- *“I loved it all. It was incredibly relevant to my personal and professional life on a deeper scale. I resonated with the content and loved how much growth I experienced”*
- *“I learnt a lot about myself by facing these challenges I have a more peaceful acceptance”*

Where:

Centre 4 Inspiration
401 Hawthorn Rd, Caulfield South

There are 6 classes in this course. THE FIRST AND LAST CLASS ARE 2 HOURS LONG.

Cost:

\$55.00 per class. If you have a Mental Health Care Plan you will be able to claim a medicare rebate of \$31.65 per class per session attended. If you have private health insurance with extras that cover psychology you will be able to claim each session. If you would like to pay upfront for all 6 classes you will receive a discounted rate of \$300 for all 6. The medicare rebates will be processed at each class. It is not possible to process a rebate for classes missed.

Contact us on 03 9034 3380 if you have any queries or visit our website www.centre4inspiration.com.au