

# Mindfulness

## A one night seminar for couples and individuals

**What is Mindfulness?** It is about consciously bringing your awareness to the here and now. Mindfulness training helps you to live in the present moment and engage fully in what you are doing.

**How can Mindfulness training help my relationships?** It is natural to react to the people we love in ways that are not helpful. Research has shown that mindfulness practice helps people to respond rather than react and enjoy greater satisfaction in relationships, deal with relationship stress more constructively and be able to communicate more effectively, particularly in conflict situations.

This one night seminar will cover -

- Simple mindfulness exercises
- How to manage uncomfortable or painful feelings
- How to manage negative thinking
- Ways to be who you truly want to be in your relationship

**Where:** Relationships Australia  
Lotteries House, Anzac Place, Mandurah

**When:** Monday 30 November, 6.30pm to 9pm

**Fee:** \$25 per person (\$12.50 for concession card holders)

Places are limited so book now on 6164 0588

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