

*The results of mindfulness are a significant and permanent shift in your sensory and cognitive world, leading to health and wellbeing.*

## Mindfulness

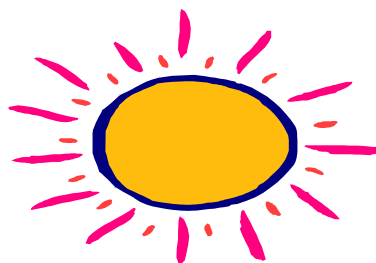
This training program is supported by extensive research and practical application. Its origins come from psychological practices that can be dated back some thousands of years.

This program was adapted from the work of Jon Kabat-Zinn at the University of Massachusetts Medical Center, USA. For outpatients in the Mindfulness-Based Stress Reduction Program which has been researched for more than 20 years. It is closely aligned with the Mindfulness Based Cognitive Therapy Program developed by Segal and Colleagues and has been influenced and supported by Acceptance and Commitment Therapy and Dialectical Behavioural Therapy models.

Visit the webpage for more information and research links.

### The course involves:

- A 90 minute class, once a week for 8 weeks.
- Mindfulness training.
- Lectures and discussions.
- Coaching.
- Physical awareness and relaxation exercises.
- Cognitive Behavioural Strategies.
- Commitment to daily practice of homework exercises.



### Michael Anderson

Michael has been practicing mindfulness meditation for over 20 years. He has been teaching mindfulness meditation in organisational and community settings since 1995. Michael has also been integrating the principles of mindfulness within his professional work as a psychologist for over 10 years.

Michael has been actively integrating mindfulness into a range of environments from counselling through to leadership training and executive development. Michael has participated in professional mindfulness training programs in Acceptance and Commitment Therapy (ACT) Dialectical Behavioural Therapy (DBT) and Mindfulness Based Cognitive Behavioural Therapy (MBCT). Michael currently works in private practice along the Surfcoast in Victoria, and supervises and trains health professionals including Psychologists in mindfulness practice in therapeutic contexts.

**Michael Anderson**  
Torquay Living Centre  
86 Surfcoast Hwy  
Torquay, 3228.

# A Course in Mindfulness

*A path to emotional and personal wellbeing*

**Michael Anderson**  
Psychologist and Mindfulness Teacher

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www.??????????

# Mindfulness

The benefits of mindfulness has recently been illustrated in a number of research studies. This has resulted in significant interest in mindfulness in the health community and by many individuals who are interested in improving the



way they relate to their inner and outer worlds.

Mindfulness is a non-reactive awareness in the here and now. It is a shift in the way our mind relates to the constant flow of ex-

*Mindfulness is non reactive awareness in the here and*periences that confront it daily. This shift involves a move from

being immersed in automatic habitual responses to being more observant, in a non reactive way, of the constant flow of internal and external events.

While it may sound like a very abstract idea, it is in fact a very practical tool, that most people can learn very quickly and with sustained practice will experience a number of important and tangible benefits.

## Benefits of Mindfulness

- Skilful observation of reactive and habitual patterns.
- Improved self –esteem.
- Manage depression, anxiety and stress better.
- Promotes physical wellbeing.
- Greater sense of emotional wellbeing.
- Increase self-awareness.
- Become less disturbed by and less reactive to unpleasant experiences.
- Improved immune function.
- Better management of chronic pain.
- Experience more balance and less emotional volatility.
- Develop self-acceptance.

## WHO WOULD BENEFIT FROM THIS PROGRAM?

### Those experiencing:

- Stress
- Chronic pain
- Depression
- Anxiety
- Addictions
- Chronic illness
- Sleep difficulties
- Mood management
- Non-active psychosis

Also anyone who wishes to increase their level of positive moods and develop better relationships with themselves and others.

## Mindfulness Training Program

- |  | Price    |
|--|----------|
| <input type="checkbox"/> Eight Week Training Program<br>Includes \$20.00 GST   | \$220.00 |
| <input type="checkbox"/> Eight Week Training Program<br>Includes 3 individual sessions<br>No GST (participation is for medical reasons with GP referral) | \$375.00 |
| <input type="checkbox"/> Evening Class (6.30pm)  |          |
| <input type="checkbox"/> Morning Class (9.30am)  |          |

Tax: \_\_\_\_\_

Total: \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

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Phone \_\_\_\_\_

Email \_\_\_\_\_

Reason for participating \_\_\_\_\_

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### Method of Payment

- Cheque  
 Cash

Cheques payable to:

**MICHAEL ANDERSON**

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[www.????????????](http://www.????????????)