

# The Mindful Art of Stress Reduction



Is your life really busy? Is it hard to find time for yourself ?  
Are you experiencing stress and feeling emotionally overwhelmed?  
Want to develop strategies to creatively respond to life's challenges?

## WHAT'S THE COURSE ABOUT?

The practice of mindfulness bridges Eastern and Western traditions. It aims to connect us with our immediate reality. Mindfulness is being grounded in just being. When we become present we become more able to connect fully with our environment and in particular the people we share it with. This can bring about feelings of ease and relaxation.

## WHAT CAN YOU EXPECT?

This one-day workshop will use creative arts to explore the experience of being truly present in the moment.

We will utilise movement, art, sound, writing and guided imagery to tap into the creativity that is within each of us. The workshop will allow you to experience the process of engaging in the expressive arts as a means of making connections, developing awareness and reducing stress.

The workshop involves active participation, please wear comfortable clothes and footwear.

## WHAT WILL YOU LEARN?

- New ways of reducing stress
- Creative ways of responding effectively to challenges in life
- Develop awareness, gain a greater sense of self and be able to engage more fully in your everyday life and environment
- Develop insights into meditation practice

## WHAT PEOPLE ARE SAYING ABOUT THE COURSE

“ Wonderful course - wish I'd done it years ago ”  
“ Relaxed, sense of wellbeing. I think it will be helpful. Enjoyed the craft, movement and meditation ”  
“ On purpose, in the present moment, and non-judgmentally ”

This workshop runs for one day.

### **COST: \$15**

If you are unable to pay for course fees please talk with our intake worker or the course facilitator.

The Family Centre is committed to providing equal access to all the courses we offer.

### **CONTACT:**

#### **Bookings are essential**

For further information on any of our courses or workshops please call 9am–12.30pm, Monday to Friday  
**(07) 5524 8711** or ask at reception.

For more information on the course program go to  
[www.thefamilycentre.org.au](http://www.thefamilycentre.org.au)

Child minding is available upon request.