

WHAT IS

# MINDFULNESS MEDITATION?



452 PUBLISHED RESEARCH STUDIES IN 2011

Mindfulness helps to change the way you think and feel about your experiences, especially stressful experiences. It involves paying attention to your thoughts and feelings in order to become more aware of them, less enmeshed in them, and better able to manage them.

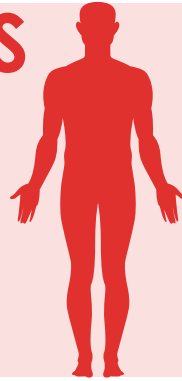
## PHYSICAL BENEFITS



SLEEP BETTER & GET TO SLEEP MORE QUICKLY



REGULATE HEART RATE & REDUCE BLOOD PRESSURE



REDUCE STRESS AND RELIEVE HEADACHES



MANAGE CHRONIC PAIN & ENHANCE IMMUNE SYSTEM

## MENTAL BENEFITS

REDUCES FEELINGS OF DEPRESSION, ANXIETY, ANGER & CONFUSION



PROVIDES A SENSE OF CALM, PEACE AND BALANCE

HELPS CALM THE MIND AND REGULATE EMOTIONS

## WHERE TO LEARN

The Melbourne Meditation Centre runs courses and workshops in **Geelong** and right across Melbourne. On our courses you don't have to sit still (or cross-legged), or make your mind blank. Nor do you need a special time and place or 20 minutes to spare.

- 6 week courses
- Non-religious
- Simple and practical
- Techniques for everyone
- Relax your body
- Calm your mind
- Thought friendly
- Emotion friendly

"Since completing the Melbourne Meditation Centre's *Basic Meditation Course*, I have recommended it to many of my patients. Why? Not only does the course teach a range of practical techniques that help to reduce stress and anxiety, it is firmly grounded in medical research and evidence. Highly recommended."

— Dr Amanda Osborne,  
Casey Medical Centre, Cranbourne



- stress
- anxiety
- insomnia
- sleep disorders
- chronic pain
- depression
- addictions
- regulate emotions



Melbourne  
**MEDITATION  
CENTRE**

*Retrain your brain*

FOR MORE INFO OR TO ENROL  
[www.melbournemeditationcentre.com.au](http://www.melbournemeditationcentre.com.au)

