Mindfulness Meditation

FREE Meditation sessions for Students & Staff

When: Every Wednesday
Time: 12.15 p.m. – 12.45 p.m.
From: 18 February – 10 June 2009 (Semester 1)
Location: 515.1.27 (Multi Purpose Seminar Room)

(No class on 15 April – Mid semester Break)

Please Note!
18 February, 18 March & 06 May (Room change – 514.1.001A)

For more information contact: Poppy Kousidis or Lyndon Medina
Ph: (03) 9925 4365 or drop in at the Counselling Service
Bld. 514.1.22 for a chat.

What is Mindfulness?

Mindfulness Meditation is about developing the skill for being more present. It is about learning how to change the habits of inattention and distraction and learning how to stay in the present moment. If you need to reduce stress, worry less, lower your blood pressure or feel more in control of your moods and reactions, then mindfulness meditation may be just the thing for you!

“The process of observing body and mind intentionally, of letting your experience unfold from moment to moment and accepting them as they are. It does not involve rejecting your thoughts, nor trying to clamp down or suppress them – nor trying to control anything at all other than the focus and direction of your attention. It does not involve trying to get anywhere, or feel anything special, it involves allowing yourself to be where you already are, to become aware of your own actual experience moment by moment”. - Jon Kabat-Zinn

Do come along! All Welcome!