

Mindfulness Based Stress Reduction

An 8 week, 28 hour course to integrate skills for peace, health and balance into your life



Starting Thursday February 10th 2022
4.00pm - 6.30pm

8 weekly sessions
Day of Mindfulness March 12th

ONLINE



Georgie loves bringing people together in a safe and engaging space to uncover their potential to grow, heal and thrive through the practice of mindfulness.

Georgie's background is in musculoskeletal and pain physiotherapy. Searching for ways to enhance healing she became interested in the body-mind connection. Wanting to share with others she began teaching yoga in 2007 and MBSR in 2010, receiving credentialing with the Mindfulness Teacher's Institute of Australasia (MTIA) in 2019.

In MBSR changes happen through:

Physiological regulation

learning how to calm down from "doing" mode into "being" mode

Emotional awareness

getting to know your own emotions & how to accept, explore and transform them

Cognitive flexibility

developing more concentration, clarity and less rigidity in your beliefs and attitudes

Engagement with values

bringing what you care about into how you live

Behavioural change

experimenting with small changes leading to bigger shifts in life

People from all walks of life attend this course including those wanting to learn how to best share mindfulness with others.

