



THE BELLERIVE QUAY HEALTH HUB

HOLISTIC WELLNESS CENTRE



MINDFULNESS BREAKFAST AND LUNCH COURSES

Now available at The Bellerive Quay Health Hub!

Mindfulness is a specific awareness skill originally taught by the Buddha, 2600 years ago. It is a combination of awareness and compassion. We learn how to be present with our thoughts and emotions without becoming overwhelmed by them and without becoming reactive.

It is a very powerful way of working with reactive thinking and painful emotions. When you bring mindfulness to an emotion, the emotion will automatically begin to change, transform and heal. It is equivalent to the natural healing that happens in the body and occurs by itself.

Mindfulness can be achieved in all moments simply by focusing on each breath. As you take that focused breath in, take a moment to also draw in your surroundings, the sights, the smells and the sounds. As you then release the breath, send with it any negative judgements or thoughts that pass through your mind, bringing you back to mindfulness.

Each week a simple wisdom will be discussed, followed by a guided meditation to embrace the skill and facilitate the freedom of being present in each moment.

Friday lunch course	1.10 - 1.50	commencing 27 th March
Saturday breakfast course	8.10 - 8.50	commencing 28 th March

Bookings Essential

See the Website and phone The Hub to book your chosen course!

The Bellerive Quay Health Hub
33 Cambridge Road
Bellerive Quay, TAS, 7018

Level 1 Shop 3A - Group Therapy and Education Hub
Level 2 Shop 6 - Reception and Retail Hub
Level 3 - Therapy, Assessment and Consultation Hub

p: 6122 0150
f: 6122 0169
e: reception@yourhealthhub.com.au
w: www.yourhealthhub.com.au