

Learning how to practice mindfulness can give you the inner resources needed to improve your own mental and physical health. Recent medical research has shown it works for:

- Lowering stress levels
- Improving sleep quality
- Reducing inflammation in the body
- Improving immune function
- Reducing fear of movement and pain
- Reducing over-thinking and dwelling negatively on health problems



Mindfulness Based Stress Reduction (MBSR)

is a structured group program focussing on the development of mindfulness skills. It was developed by Professor Jon Kabat-Zinn at the University of Massachusetts Medical Centre. It involves 8 x 2.5 hour sessions and an all day retreat. Each class consists of theory and practical components, including gentle movement (can be modified to allow for pain), mindfulness meditation and strategies for reducing the impact of stress and pain. Classes are at the Fullarton Park Centre and facilitated by:

marelle **wilson**

HEALTH COACHING PHYSIOTHERAPY

Courses run throughout the year-please check website for dates.

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