



MINDFULNESS BASED STRESS REDUCTION

You must have a
commitment to
attend each week and
practice at home

For people wanting to be mindful of every day stress
Led by a Qualified Mindfulness Teacher

Mon 5 Feb 2024| 6pm – 8:30pm for 8 weeks

Navah Room*, 120 Picton Street, Howick

*Come as if you are entering Picton Centre (120 Picton Street, opposite Bassalt) we will be across the road to the Picton Centre (next door to the dentist, which is next door to the hairdressers)

The programme covers

- ✓ Learning to breathe better
- ✓ Mindful Meditation
- ✓ Gentle Stretching
- ✓ Working with Emotions
- ✓ Learning from Others

Ways to register

- Ask your doctor or nurse for a referral
- Self-refer on website
www.easthealth.co.nz/selfmanagement

For more information

Phone Shirley on (09) 538 0599