

MINDFULNESS-BASED STRESS REDUCTION

Changing Behaviour, Changing Lives

Mindfulness Provides a Powerful Toolkit for Life



Have you always wanted to learn how to meditate?

Join Dr Lyn McCormack as she facilitates Jon Kabat-Zinn's Mindfulness-based Stress Reduction (MBSR) training in Rockhampton, August 2024.

Would you like to:

- Learn how to respond instead of reacting impulsively to life and workplace stressors?
- Enhance your resilience to workplace stressors and avoid burnout?
- Find more effective ways to deal with seemingly impossible situations?
- Improve health, chronic pain and sleep?
- Draw your line in the sand and get your life back?

When you gain mindfulness skills you learn how to recognise your stress triggers, develop the confidence to reflect before reacting and make more skilful responses.

Further Information and
Event Registration



Presented by
Dr Lyn McCormack
PhD, APD

Event Details

8 Consecutive Saturdays
17 AUG - 15 OCT



Day of Mindfulness
22 SEPT (Sunday)



10:30am to 1:00pm



In-person Training



\$450



Body n Soul Yoga Studio,
13 Murray Street, Wandal,
Rockhampton



Attentive Weight & Health Management

"Where the Focus is on Behaviour Change"



Further Information:

E: drlyn@drlynmccormack.com

M: 0421 716 492

W: www.drlynmccormack.com