

# WHY CHOOSE THIS MINDFULNESS PROGRAM

Backed by brain science, many people who practice Mindfulness regularly, over time find that they:

- Experience less stress, anxiety and worry
- Improve concentration and productivity
- Build Resilience
- Reduce reactivity and increase emotional intelligence
- Experience more joy and general life satisfaction
- Improve Sleep

4-WEEK PROGRAM  
STARTS NOVEMBER 12TH



Give yourself a full appreciation and experience of Mindfulness by coming to this **4-week** Introductory Program.

You will leave with plenty of practical exercises, tools and tips that form the foundation for you to start developing a more mindful life.

*"I loved the practical hands on approach during each session...I found the facilitator, Annette to be warm, engaging and light hearted which made me feel at ease and made it a pleasant learning environment"*  
November 18

## NEXUS ST KILDA ROAD

Tuesdays 12.00 pm - 1.00 pm November 12<sup>th</sup>, 19<sup>th</sup> 26<sup>th</sup>, December 3<sup>rd</sup>  
\$120 for the 4-week program

### Registration:

call Nexus 03 9500 0751 or email [admin@nexuspsychology.com.au](mailto:admin@nexuspsychology.com.au)

[www.nexuspsychology.com.au](http://www.nexuspsychology.com.au)

**nexus psychology**

children | adolescents | adults | couples | families