Stress Relief with Mindfulness
A Socratic Solutions Wellbeing Course

Start the year right!
Banish stress before it gets out of hand!
Learn Mindfulness skills and take charge of your life!
An 8-week course commencing 22\textsuperscript{nd} January 2013
Tuesdays 6pm – 8pm
MiCBT Institute 277 Macquarie Street Hobart TAS 7000

Dates: 22/1, 29/1, 5/2, 12/2, 19/2, 26/2, 5/3, and 12/3

Inquiries: Dr Pauline Enright 0409 191 342
Email: pauline@socraticsolutions.com.au

In addition to several valuable Mindfulness skills, you will learn how to:
♦ Relax
♦ Be assertive
♦ Stop damaging reactivity
♦ Manage stress and anxiety
♦ Stay calm when things go wrong
♦ Remain composed when others are reacting
♦ Develop compassion for yourself and others
♦ Have a more serene, happier approach to life

Do something good for yourself in the New Year and enrol now!
Delivered by a qualified MICBT workshop facilitator and therapist

Fee: $440 (includes GST) Register by 15\textsuperscript{th} January 2013
Covers all sessions, comprehensive workbook and 2 CDs

Early Bird Fee – Register by 1st January and pay only $418.00!
Register Now! See form  Inquiries 0409 191 342