

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 22nd 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@socraticolutions.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 15th 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