

## Mindfulness and Meditation

Mindfulness is a natural state that can be enjoyably cultivated. The practices are useful and affirming at any life stage. These practices are particularly helpful as we age.

Our tutor Robert Quinlan is an experienced teacher who has been working with meditational approaches to change since the early 1980's. He was a lead presenter within the Gold Coast Health Mindfulness program and has conducted workshops and retreats nationally and internationally. He maintains a counselling and clinical hypnosis practice in his semi-retirement.

U3A Mt Dandenong is offering Mindfulness and Meditation classes on **Fridays** at **9.15am** at Farndon's Hall during term **2** on April 19, April 26, May 3 and May 10. To gain maximum benefit from this course, it is expected that participants attend all four sessions. The four sessions will cover key elements of practice including the attitudinal foundations of mindfulness (especially relating to compassion and self-compassion), sitting meditation, body scan meditation, word-based and breath-based approaches and the HEAL meditation (Dr. Rick Hanson). The emphasis in this course is on practice.

Robert has created this video to give more information on the course which you can access with this youtube link <https://www.youtube.com/watch?v=3r4TAgO7Q0k>

We hope this course will be of interest to you as the course will not proceed unless we have sufficient numbers in the group. People who are being treated for depression, anxiety or other mental health condition should check with their mental health practitioner as to whether a group based mindfulness course will be appropriate for their needs.

Please contact [u3amtdandy@gmail.com](mailto:u3amtdandy@gmail.com) phone **0491 064 569** if you want to participate in this course or enrol online.