



## Hania Gorski Invites You to the MINDFULNESS COURSE

**This is a basic level course, well suited to people who would like to learn practical Mindfulness Skills as well as to people who would like to practice/improve their meditation skills in a small group setting.**

Hania Gorski has been studying and practicing Mindfulness for 30 years (yes, Mindfulness concepts were evolving for decades, even before the word *Mindfulness* was widely accepted for a range of practices). The biggest boom for Mindfulness has been noticed in last 10 years especially when neuroscience has brought a massive amount of evidence of how brain and body functioning improves when people practice Mindfulness.

Below are few (of many) reasons to learn and practice Mindfulness:

- Stress – Reduction and Prevention
- Anxiety/Depression, Anger – Management and Prevention
- Emotional Self-Regulation and Resilience
- Emotional Intelligence – Improvement
- Relationships – Improvement
- Brain Functions – Accelerating and Anti-Ageing
- Mind and Body – Balancing through Self-Awareness
- Body Immunity - Increase

**Length:** four 60-minutes sessions (each session is complimented by an additional 30 min. Q and A)

**Day/Time:** Monday 9.30am or Monday 6.30pm

**Cost:** \$280.00(total) paid upfront; there are available Medicare rebates for eligible persons (max. total amount of rebates is approx. \$84, please ask Hania for details of eligibility).

**Who would benefit?** The course is designed for adults of all ages

*Mindfulness Course is not suited to people who suffer **acute** mental health issues. If you are not sure about the suitability of the course for you, please contact Hania.*

With growing popularity of Mindfulness, there are many Mindfulness Courses offered around. Although the method is simple and easy to learn, participants' experiences are very different; Hania's extensive know-how skills in psychological assessment and Mindfulness Practice - will create a safe and personalised experience for participants.

- ✓ **Location: Camberwell**
- ✓ **For more information about Hania Gorski**  
[au.linkedin.com/pub/hania-gorski/20/75/5b9/](https://au.linkedin.com/pub/hania-gorski/20/75/5b9/)
- ✓ **Attendance by registration/RSVP ONLY:** Please email [haniagorski@gmail.com](mailto:haniagorski@gmail.com)