

Mindful Muster

Statewide 6 hour Mindfulness Retreat to build practice and community

ABOUT THE MINDFUL MUSTER In 2022 we had our first Big Day Out in Campbell Town, to bring together those who had done our courses so we could see and feel how we are all part of a bigger community who practice Mindfulness. Throughout the day we got to meet each other, eat together, and to attend a variety of workshops led by our teachers, to extend and deepen our Mindfulness practices. And we practiced together, with the energy and peace that a Mindfulness community can generate. It was such a good day that we have wanted to do it again ever since.

MINDFUL MUSTERS ARE AVAILABLE for adults living in Tasmania who have completed one of our courses. We will hold one in Spring, and one in Autumn. They will be held in regional areas, so you can make a day trip of it and enjoy some time out of the ordinary. We will help you coordinate car pooling to get there if that's helpful. If you would like to come but haven't attended our courses yet, please give us a call. Mindful Musters suit people who have some experience with Mindfulness practices, but value a sense of community to support your own and others practice.

Mindful Musters are NOT suitable for people who are experiencing a life crisis, who are unsafe at home, who struggle with serious mental health problems or who can't be in a group setting. If this is you, talk to your GP about 1:1 counselling until you are in the position to be able to attend.

This is NOT group therapy where you "tell your story" and go over your history and events in your life. Our courses are skills based – we learn and practice skills together to shift towards greater wellbeing.



Mindfulness
PROGRAMS AUSTRALASIA

APPLICATIONS ARE ESSENTIAL and can be made directly by you, online through our website or by phone. You can apply for any of our advertised Mindfulness courses this way, or if there is not one available nearby or at the right time, select the 'waitlist' option and let us know your postcode and preference and we'll contact you when one is available.



admin@mindfulnessaus.com.au

www.mindfulnessaus.com.au m.0488 064 228



MPA programs are fully funded, so therefore FREE for people who meet the eligibility requirements. Our programs are supported by Primary Health Tasmania under the Australian Government's Primary Health Network program.