

Refresh Your Self

3 hour mini retreats to reboot your Mindfulness Practice

ABOUT THE MINI MINDFULNESS RETREAT: Refresh Your Self is an opportunity to experience a range of Mindfulness practices, to refresh and reboot your Mindfulness Practice after completing a course with us. Practices include all your old favorites from the courses, as well as some new and specialty Mindfulness practices that our teachers bring from their own areas of expertise, like body movement, pain management, practices in nature, trauma-informed practice and practices to suit particular life journeys such as gender diversity, cultural diversity and age related experiences.

REFRESH YOUR SELF WORKSHOPS ARE AVAILABLE for adults living in Tasmania who have completed one of our courses. If you would like to come but haven't attended our courses yet, please give us a call. Refresh Your Self Mini Mindfulness retreats are held in-person in urban, rural and remote towns of Tasmania in community centres, and online as well. They suit people who have some experience with Mindfulness practices, but want a little more encouragement to keep going with it, and some new ideas to find what suits their current lifestyle best.

Refresh Your Self Mindfulness Retreats 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 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.



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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.