



Mindfulness  
PROGRAMS AUSTRALASIA



# Drop In to Mindfulness

**WEEKLY - 45MINS - NO EXPERIENCED NEEDED**

**ALL WELCOME**

## **DROP IN, TUNE UP AND WORK OUT YOUR MIND (GENTLY)**

A **FREE** weekly mental fitness Tune Up and gentle Workout for your Mind  
**Just come as you are, and give it a go, no registration necessary.**



*Over 2000 Tasmanians have completed a Mindfulness Course with us, and we want to let you in on the secret, just 45mins per week. Learn mini practices that allow your Mind, Body and Thoughts to stay fit for life, able to meet challenges with confidence, and enjoy your life's precious moments.*

We are offering 45 min Mindfulness Sessions each week at selected Mental Health hubs in Tasmania, to give you a chance to try out Mindfulness, before choosing to make it a part of your life. Mindfulness is an evidence-based set of skills to meet challenges more calmly, and get more joy out of life.

Come along, learn a little, experience and practice Mindfulness, and reflect on what that was like for you, and what Mindfulness could make possible if you choose to keep it going in your life each day.

If you are happy to give us your email for us to stay in touch about other mindfulness activities in your area, then we can send you a **free account on our Mindful Wellbeing App** to support your mindfulness practice at home.

Practices will be trauma-informed and inclusive of all particular life journeys such as gender diversity, cultural diversity, neurodiversity and age related experiences.

***Find us online and on Facebook for update locations and times***



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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.*