



Mindfulness-based Stress Reduction

(8-week course, 2.5 hr/wk & Day of Mindfulness 6.5hrs)

Newcastle, 2018 Day Courses

A method for enhancing resilience; MBSR is an experiential eight-week program which cultivates mental, physical and psychological resilience. You will learn a range of mindfulness practices to cultivate observant, accepting and compassionate stance towards your thoughts, emotional states, body sensations and impulses. This awareness can be used in the service of learning and growth in one's life, enabling one to consciously respond with clarity and focus, rather than react out of habitual patterns.

Term 1 - Saturday 2pm – 4:30pm, Feb 17th – April 14th, 2018

Full Day of Mindfulness - 9:30am – 4pm Sunday – March 25th, 2018

Term 4 - Saturday 2pm - 4:30pm, October 20th - December 8th, 2018

Full day of Mindfulness - 9:30am - 4pm Sunday - November 25th, 2018

New Venue: Novocastrian School of Yoga - 21 Steel st, Hamilton, 2303,NSW

Lisa is a Yoga & meditation teacher with more than 27 years of self-practice and teaching experience in educational, corporate, medical & organisational settings. She has been facilitating 8-week mindfulness-based interventions since 2007, including MBSR, MB-Stillness Meditation & MB-Restorative Yoga. [See Lisa Pollard Yoga – Free App](#)

Price: \$545 & \$395 Concession: Includes course workbook, mindfulness recordings and ongoing access to class MBSR website. Register & Pay Online, via www.lisapollard.com Once registrations have been received each participant will be called to discuss course details and intentions around home practice. This is also an opportunity to speak with Lisa about any further questions related to this 8 week program and