

# MORE than MEDITATION

FOCUS THE MIND AND TRAIN THE BRAIN



Meditation will allow you to tune into your mind to navigate the ups and downs of life.  
OUR training will inspire you to make meditation and mindfulness a natural part of your life.

## October 5, 2017

5 evidence-based benefits to ease:

- STRESS
- ANXIETY
- INSOMNIA
- PAIN
- FATIGUE

Plus ... countless evidence-based factors to live a better and longer life.

### DATES & TIME

7.00 pm — 8.30 pm  
Commencing Oct 5  
5 Thursday evenings:  
Oct 5, 12, 19, 26 and Nov 3

### VENUE

South Yarra Baptist Community Centre  
12-16 Surrey Rd, South Yarra

### REGISTRATION

Call Tina 9534 9495 or register online at:  
[www.pathways2wellbeing.com.au](http://www.pathways2wellbeing.com.au)

### FEES

Tuition fee: \$297  
Early bird fee: \$277  
Early bird until: 15 Sep 2017

### FACILITATORS

Bill Patterson, Dr Daniel Lewis, Kati Patterson and Dr Beverley Lewis.

### WEB

[www.pathways2wellbeing.com.au](http://www.pathways2wellbeing.com.au)

[www.mindbodysolutions.com.au](http://www.mindbodysolutions.com.au)

### PHONE

Call 9534 9495

### CURRENT STUDIES

Read our [latest education and research](#) articles.

Send email for research on meditation and mindfulness benefits to:  
[billp@mbsolutions.com.au](mailto:billp@mbsolutions.com.au)