

MORE than MEDITATION

TO COUNTER UNHEALTHY STRESS



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.

Oct 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 5th October

5 Thursday evenings:

October 5, 12, 19, 26 and November 2, 9.

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

FEES

Tuition fee: \$297

Early bird fee: \$277

Early bird until: 15 Sept 2017

FACILITATORS

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

WEB

www.pathways2wellbeing.com.au

www.mindbodiesolutions.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