

# 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.

## Feb 21, 2019

5 evidence-based benefits to ease:

- STRESS
- ANXIETY
- PAIN
- INSOMNIA
- FATIGUE

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

### DATES & TIME

Times: 7:00 – 8:30 pm.

**Commencing 21 Feb, 2019:** 5 Thursday evenings: Feb 21 & 28, Mar 7, 14 and 21 (from 6.30 pm for 2.5 hours), 2019.

### VENUE

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

### REGISTRATION

Call Tina 9534 9495 or register online at:  
[The Lewis Institute](http://TheLewisInstitute.com.au)

### FEES

Tuition fee: \$297  
Early bird fee: \$277  
Early bird until: 1 Feb 2019

### FACILITATORS

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

### WEB

[The Lewis Institute](http://TheLewisInstitute.com.au)

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

### PHONE

Call Tina: 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)