



Mindfulness Workshops

Mindfulness is simply using our senses to become aware, without judgment, of the present moment. Bringing mindful awareness to our daily life provides us with an opportunity to remain calm during a crisis and to make long term changes to our lifestyle based on non-attachment and present-time awareness. Simply becoming conscious of our breath is a practice which can lead us to a physical state of calm and move us towards Well-being! There is great power here for us all.

Whether you are looking for some personal tips, resources, or a short series of workshops on how to improve your mindfulness, we have the capacity to assist you.

Mindfulness is simply being aware of what is happening right now without wishing it were different; enjoying the pleasant without holding on when it changes (which it will): being with the unpleasant without fearing it will always be this way (which it won't). James Baraz



For more information, please contact gabrielle@freespiritruenorth.com.au