

# Mindfulness & Yoga for Emotional Well-Being

including for •stress •insomnia •anxiety •depression

6 week Course

Saturdays 11am – 12.30pm  
24 Oct - 28 Nov 2015

with **Certified Iyengar Yoga Teacher**  
and **Registered Psychologist**  
**Jenni Dall**



Most of us have times in life when sleep eludes us, anxiety levels are high, or a down mood takes over. This course is for anyone who would like to learn how to use yoga specifically designed to deal with these situations.

This approach to yoga employs ways of opening the body to bring about different effects in mood and energy levels. Mindfulness practices teach the mind to stay present rather than chase thoughts which may not be useful. Both methodologies' effectiveness is supported by research evidence.

**About the teacher:** Jenni has several decades' experience teaching yoga, and almost as long working with people whose anxiety and/or depression has derailed their life. She is able to draw on this experience in catering to a broad range of individual needs within this small group class: mild to severe mood fluctuations, beginner to experienced yoga practitioners.

**Pre-requisites:** It is preferable (though not essential) to meet with Jenni before the course starts for an individual consultation. This gives us a chance to discuss your uniquely personal situation and how you tend to deal with things. Contact us immediately if you would like this.

**Cost:** \$258  
\$212 concession\*  
Medicare rebate: \$129.90\*\*  
Gap you pay: \$128.10  
\$82.10 concession\*

\* Concession for Health Care Card & F/T student card holders

\*\* You may be eligible for a referral that entitles you to get \$129.90 back from Medicare. Your GP's referral must specify "up to 10 Group sessions with a Psychologist". Please contact us if you need more information about this.



*Early Bird bonus:*

**Home Practice Package - free if you enrol by Sun 11 Oct**

Otherwise \$20, it includes robust laminated practice sheets showing easy-to-follow sequenced photographs, designed to go with you onto the mat, and last through endless sessions of practice.

**Venue:** Keiraville Uniting Church hall  
34 Fisher Street, West Wollongong NSW 2500

**Bookings:** [admin@mindwise.net.au](mailto:admin@mindwise.net.au)

*Full payment is required to reserve your place  
Book early : places strictly limited!*

