

Mindfulness Group



This group will introduce basic mindfulness techniques and focus on how mindfulness may be useful to manage fatigue, regulate mood and improve memory.

Each session will consist of a shared discussion of the different qualities of mindfulness, two mindfulness exercises and specific mindfulness practices that can be used on a daily basis between group sessions.

4 session mindfulness group will run on Monday mornings from 11 - 12 pm.

11 Nov 2019 - 9 Dec 2019

If you are interested, please contact

Nic Ward

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to see if you are eligible.



Rehabilitation
Laura Fergusson Trust
Canterbury