

## Mindfulness for Working with Stress



### Course Overview

"We tend to be everywhere except this moment. To the degree that we are cut off from the present, caught up in cycles of thought that may have no bearing on reality, many of us feel undercurrents of alienation, anxiety and dissatisfaction with our lives. Mindfulness and mindfulness meditation are powerful ways of staying aware of our moment to moment experiences without judging the content of these experiences. This method of attending to experience, without either clinging or avoidance has many benefits: it can help to lower stress, cope with illness and improve physical and emotional health" David Watson and Nadene Alhadeff.

In this one day course, **yoga teacher and trainer**, Nadene Alhadeff will provide you with many practical tools for managing stress in the workplace and beyond. Using simple meditation techniques, breathing exercises, simple yoga postures and challenging our thought patterns, we can make profound changes to the way we manage our lives.

**Please wear comfortable clothes and bring a towel.**

**Who can attend?** ALL HACC staff/volunteers

**Date:** Thursday 07 June 2012

**Time:** 9:30am-4.00pm

**Venue:** Level 3 Bowen Library. 669 Anzac Pde,  
Maroubra Junction 2035

**Cost:** HACC staff/volunteers \$55 (prices include 10% GST)

Non-HACC staff/volunteers \$110 (Please contact VAST for more information on Non-HACC bookings)

***The total training fee will be charged if less than 14 days notice is given of a cancellation.***

**Facilitator:** **Nadene Alhadeff** has a BA in Social Science and Post Grad. Counselling and Communications Degree. She has a Cert 1V in Workplace Training and is an accredited Yoga teacher. Nadene has worked as a training officer for a large company in South Africa before immigrating to Australia. She operated her own business - a 29 place preschool until 2009. At present she facilitates and supervises groups for Lifeline and continues to volunteer as a telephone counsellor and supervisor. Nadene currently runs a welfare program, mentor's Indigenous university students, presents a number of workshops and gives yoga classes.

**Full payment is due at time of booking.**

**Please go to our website to download the booking form**

**<http://www.jnc.org.au>**

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