

# Mindfulness: Transform Yourself in Relationships

## Mandurah



Research has shown that mindfulness practice helps you to deal with stress better, respond rather than react in relationships, and enhance your psychological and physical wellbeing. Mindfulness helps you to live in the present moment and engage fully with others. This workshop is an experiential introduction to mindfulness and will cover:

- Simple mindfulness exercises
- How to manage uncomfortable or painful feelings
- How to manage negative thinking
- Ways to be who you truly want to be in your relationships

**When:** Tuesday 26 March

**Time:** 6.30pm – 9pm

**Where:** Lotteries House – 7 Anzac Place, Mandurah

**Cost:** \$30 per person (\$15 concession)

To book online, please scan the QR code or click [here](#)

For more information about our courses and workshops call 6164 0588, email

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