

JINDII ECOSPA

The Franklin Building
Australian National Botanic Gardens
Clunies Ross St, ACTON ACT 2601
T: 02 6257 8777
E: relax@jindii.com.au



MINDFULNESS

"I will now close my eyes, I will stop my ears,
I will turn away my senses from their objects ...
and thus, holding converse only with myself,
and closely examining my nature, I will
endeavour to obtain by degrees a more
intimate and familiar knowledge of myself."
René Descartes

Australian National Botanic Gardens | Canberra
T: +61 257 8777 | W: jndii.com.au

jindii®
ECO SPA

Sunday Sessions.



**Sunday
28 May 2017**

'Mindful Living: An Antidote to Stress'
with Jacquie Shannon

Mindful Living: An Antidote to Stress

Sunday 28th May, 9:00am-11:00am

Jindii EcoSpa, within the ANBG
Clunies Ross St Acton ACT

By increasing your ability to live mindfully and by developing the skills to manage stressful experiences, as well as learning to tend to and nurture your resilience and well-being, you can learn how living mindfully can revitalise, recharge and replenish you.

'Mindful Meditation' is about remembering to care for yourself by choosing kindness and compassion over anger, jealousy and distractions. To 'Meditate' means to remember – and 'mindful meditation' is about remembering to step to one side, observing what is happening, and choosing your next course of action.

It is not limited to a time, location, posture or mantra. You can do it while walking, washing, playing, working, reading, writing, talking or even singing.

In this session, you will:

- Learn 3 simple things to do for a Mindful Meditation
- Discover the benefits of mindfulness, both physical and emotional
- Go for a guided Mindful Walk, in the beautiful Botanic Gardens
- Be introduced to guided meditations on the breath and loving kindness
- Have the opportunity to inquire about mindfulness, meditation, stress management, resilience and how to develop your own Mindful practice.

Also, be the first to learn about Jindii EcoSpa's new and upcoming Mindfulness Programs.

A delicious morning tea will be served.
Online registration via Eventbrite.

BOOK NOW

Eventbrite

Support our Charity!

You'll be helping the Indigenous Literacy Foundation too! Proceeds from Sunday Session tickets and your donations, go towards purchasing book packs and supporting literacy programs for our Indigenous youth.

(Speakers are not paid. They're just so passionate about sharing positive messages and strategies to help you improve your health and well-being.)



Speaker Spotlight

Jacque Shannon, owner of Mindful Living CBR, started meditating four decades ago, through long distance running and yoga. She has been practicing mindfulness meditation for the last decade.

Having studied architecture and environmental psychology, working as an environmental advocate and policy-maker and having lived in an Aboriginal community for six years, she is fascinated by people and meaningful relationships, especially those that people form with each other and with places and environment.

She is trained in, and has been teaching mindfulness based stress reduction for the past seven years.

Her 'Mindful Living' programs are great for beginners and focus on the four foundations of skillful meditation which will support stress management, self-care and well-being.

