



Join this six week meditation-based wellness course to help you & your family:

- Reduce stress at home and work
- Respond wisely to life's challenges
- Manage emotions such as anxiety, depression, anger & grief

and



- Cope with symptoms of chronic pain and illness
- Improve sleep and support immune system functioning
- Cultivate inner peace, for body and mind

and



- Grow in self-awareness, self-compassion, and resilience
- Sharpen your ability to focus and concentrate
- Savour your life with renewed purpose and passion



People of many cultures and beliefs tell us they benefit from attending *Mindfulness & Awareness Aotearoa*. This wellness course combines the universal wisdom of mindfulness meditation with helpful and proven teachings from modern psychology. It is based on the *Mindfulness Based Stress Reduction Programme*.

**Your Experience Is the Key.** *Mindfulness and Awareness Aotearoa* is experience-based. When you practise mindfulness meditation, you will clearly notice the positive changes in your well-being and outlook on life. Free to registered patients of the Nirvana Health Care Group. Contact us now.

**Receive a CD/MP3 and a workbook for home practise!**

Available in South, East and West Auckland:

#### Manukau

Friends Building, Auckland Botanic Gardens  
102 Hill Road, Manurewa  
**Tuesday:** 12:15p.m. – 2:45p.m.

#### Glen Innes

Te Oro Music & Art Centre  
98 Line Road, Glen Innes  
**Tuesday:** 11:00a.m. – 1:30p.m.

#### Epsom

Mercy Spirituality Centre  
104 The Drive, Epsom  
**Thursday:** 6:00p.m. – 8:30p.m.

#### Mangere

Papatuanuku Kokiri Marae,  
141 Robertson Road, Mangere  
**Thursday:** 10:00a.m. – 12:30p.m.

#### Mount Roskill

Mount Roskill Medical Centre  
445 Richardson Road  
**Wednesday:** 10:30a.m. – 1:00p.m.

#### Pukekohe

Mind Health Project Building  
63 Seddon Street, Pukekohe  
**Wednesday:** 11:30a.m. – 2:00p.m.

#### Otara

Otara StarCare Center (upstairs)  
120 East Tamaki Road, Otara Mall  
**Tuesday Evening:** 6:00p.m. – 8:30p.m.  
**Thursday Day:** 11:00a.m. – 1:30p.m.  
**Thursday Evening:** 6:00p.m. – 8:30p.m.

#### Henderson

Toru Room, Hubwest Community Centre  
27 Corban Avenue, Henderson  
**Thursday Day:** 11:30 a.m. – 2:00 p.m.  
**Thursday Evening:** 6:00p.m. – 8:30p.m.

For information please contact Mindfulness Coordinator

– Michelle at (09) 274-7823 ext 9978

**Tāmaki Health**   
Involving White Cross Local Doctors