Mindfulness meditation practice group

Mindfulness meditation is a practice of focusing the mind on the present moment. Through careful observation of the breath and other felt sensations, it teaches us to be where we are and to meet ourselves with kindness and objectivity. This practice cultivates awareness and self-discipline, and helps to regulate our attention and emotions.

This event is for anyone interested in learning mindfulness meditation or practicing regularly with a group. These fortnightly sessions will offer instruction in meditation techniques, guided practice and time for questions. Please bring a cushion or meditation cushion if you prefer to sit on the floor. Otherwise we will practice sitting in chairs.

Wednesday 14th November, 2-3pm
Monday 26th November, 12:30-1:30pm
Tuesday 11th December, 11am-12pm
Venue: 12SW 435

Registration: https://myrdc.mq.edu.au
Enquiries: michelle.jamieson@mq.edu.au