



Hogan
health
consulting

Simply Being Mindfulness

live**well** work**healthy** restore**balance**

Refresh your mind with meditation

Relax your body with mindful awareness

Restore yourself with nurture and compassion

A mind and body program that will introduce you to stress relief strategies with an integration of mindfulness approaches into daily life. This comprehensive program has been designed by a holistic physiotherapist for achieving balance in physical and mental well-being. To assist with creating lifestyle change there is an education component that merges neuroscience research with mindfulness-based emotional intelligence principles. You will experience practices in meditation, mindful movement, relaxation and breathing techniques.

Change your perspective on stress

Make time to empower your own health

Teach your brain to switch off tension and manage pain

Learn the art of “Simply Being”, in preference to “always doing”

Relaxation is your natural state when you stop creating tension



Dates:	Saturday options- Oct. 7th, Nov. 11th, Dec. 9th
Venue:	Wangaratta, Victoria
Time:	0800-1200
Cost:	\$120 per Saturday session or \$360 for the trilogy
Course	Mandy Hogan
Facilitator:	Physiotherapist & Mindfulness Educator, Director of Hogan Health
Bookings:	Bookings are essential. Email amanda@hoganhealth.com.au or message 0427221427 for more information or to register

Private Health Insurance Extras rebates may apply and eligible clients may also be covered under Veteran Affairs, EPC, TAC or Workers Compensation Schemes.