



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:	6-weekly program or Saturday Half-day intensive workshops
Venue:	North East Exercise Solutions, 74C Ovens St, Wangaratta, Victoria
Time:	Weekly - 2 hour session, AM or PM options. Saturday 0800-1200
Cost:	\$360 for 6 week program or \$120 per Saturday workshop
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 on upcoming course dates

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