



Mindfulness-Based Stillness Meditation

**Presented by
Marion Turner, Physiotherapist**

Over eight weeks, the 2½ hour educational sessions will help you find peace and balance in your life, reduce stress, empower your body to heal, and importantly, let you take the time to get to know yourself. You will also gain the ability to bring mindfulness into your everyday life and have the skills to maintain your own practice.

Marion Turner is a physiotherapist with over 30 years clinical experience, keen to promote the importance of the mind-body connection, not only for chronic illness and pain, but for all those seeking a healthier, more balanced approach to life. Trained as a meditation teacher through The Gawler Cancer Foundation, she has the skills to take you through the steps to discovering Mindfulness-Based Stillness Meditation in a supportive environment.

Potential Benefits of Mindful Meditation

- Improve stress management
- Improve sleep
- Reduce physical discomfort
- Improve memory
- Reduce anxiety and depression
- Improve concentration
- Reduce blood pressure
- Strengthen the immune system
- Create healthy habits
- Increase work, personal and sporting efficiency
- And more ...

“Mindfulness means paying attention in a particular way: on purpose, in the present moment and non-judgementally.”

Jon Kabat-Zinn

**Courses align with school terms, for course details including venue,
cost and dates:**

**www.physiozone.com.au
marion@physiozone.com.au
phone: 0411 431 082**



Completed Meditation Teacher Training with:

The Gawler Cancer Foundation

It's your life.