



Morning Mindfulness Meditation

yogafromtheinside.com.au

Activate the parts of your brain that bring you peace, and cool the parts that perpetuate your stress. Open to the intelligence of your heart, contribute to peace in the world by finding peace within yourself.

The benefits of mindfulness meditation are many and varied:

- lower stress and depression
- improved cognitive functioning
- better control over processing pain and emotions
- increased compassion
- management of stress associated with illness
- better sleep
- support for weight loss strategies
- better regulation of attention and emotions



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the inside

Morning Mindfulness Meditation 'sits'

Yoga from the Inside offers regular mindfulness meditation 'sits' on Monday, Wednesday, Friday and Saturday mornings. Each sit is for 30 minutes and various times are offered to provide an easy and accessible way to incorporate the benefits of mindfulness meditation into your life.

Perfect for commuters

If you are a commuter, the **Yoga from the Inside** studio is close to the train station and the 'sits' are synchronised with train departures. Simply park your car at the station 30 minutes earlier and be ready for your commute with your mindfulness practice already 'ticked off' for the day.

Contact us:

Call Catherine: 0420 439 139

Or email: info@yogafromtheinside.com.au

Address: 147 Windsor Street, Richmond (in the Toxana building)

Drop in at a time that suits you

If you work locally, there should be a time to suit you before you commence work. If you're not currently working, you can choose the 'sits' that work best with your lifestyle.

Want more information?

Check out our website for times and more details. You can either book online or just drop in and join us.

Prices

Drop in: **\$10 per class**. Meditation Membership for unlimited 'sits': **\$15 per week**.

Your first visit is free!



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