



“Working Towards Growth” Therapeutic Meditation Program.

This program evolved from 20 years of personal meditation practice and from having worked in the clinical mental health sector with young people and adults and seen the long term benefits of learning to relax and calm the “monkey” mind. It can be run in 6 weekly sessions or in one weekend.

"Working Towards Growth" uses a mix of proven techniques. We look at the importance of the breath, breaking old thinking habits and patterns, visualisation and relaxation techniques. The overall focus of the program is on building resilience, learning new coping skills and releasing old habits.

The format includes:

- Learning correct breathing and the benefits of focusing on the breath, breathing exercises are practiced at each session.
- Learning how we talk to ourselves and how our thoughts can and do create our reality, our self-esteem - tools on how to make positive life changes.
- Learn a variety of meditation techniques allowing students to discover for themselves what works best for them. Where best to meditate and how to develop the meditation habit.
- The class ends with a visualisation and relaxation exercise.
- Shared discussion on their progress, experiences and knowledge builds a safe environment.

"I have indeed gained both new ideas and insights as well as the 'om' factor from your evening groups. Your guided meditations and excellent use of voice were a pleasure to experience."

Brian.

"I attended Lisa's weekend meditation workshop and totally enjoyed it. We covered several types of meditation and visualisation; learnt about our chakra system, crystals and energy. Highly recommend Lisa's classes as she has a wealth of knowledge and experience, she is also extremely intuitive and a wonderful teacher. Thank you so very much Lisa for our great workshop and I look forward to participating in others in the future". **Janet.**

Developed by Lisa Gonnet Spiritual and Mental Health Practitioner.

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