



Mindful Relationships A 6-week course

We spend much of our lives in relation to others: family, friends, an intimate partner, co-workers. While our relationships with others can be a source of great joy, they can also be the cause of anxiety and conflict. Wouldn't it be useful to understand more about how we "do" relationships?

Mindfulness is often taught with a focus on the thoughts, feelings and sensations that we have while sitting in silence on our chairs or cushions, on our own. It can, over time, lead to greater self-acceptance and peace with the world. And it can also be a powerful tool for investigating how we respond to others.

In this course, we will use mindfulness practices to gain a greater understanding of ourselves in relationships. With more understanding can come less stress, more self-compassion and a greater ability to self-regulate.

This course will be facilitated by Craig Delphine. Craig holds a Masters degree in Gestalt Therapy and has been a meditator for many years. He is a certified trainer in Mindfulness-Based Stress Reduction (MBSR) and has received training in Mindful Self-compassion.

- There is no requirement for participants to have previous experience of mindfulness or meditation.
- Home practice will be highly desirable for the duration of the course.
- Places are limited to a maximum of 12 participants.

What participants have said about the course

"I have noticed changes in my way of being... which for me has been immense."

"The course provided a doorway and torchlight and slow motion to increase awareness of my emotional patterns..." Sarah

"I am now much more mindful of my interactions, particularly with certain people in my life and how I react..."

"Makes meditation 'on the mat' seem like a cocoon." Deb

"[I have noticed] an improvement in relationships with close friends." John

Application process

- To apply, please download, complete and return the application form on the website @ www.connectground.com.au
- On receipt of your application, Craig will arrange a time for a 15-minute telephone intake conversation
- On acceptance, applicants can call our office on 9489 6300 to pay the course fee.

General Information

Venue/ Gestalt Centre 622-624 Lygon Street Carlton North 3054

Times/ Thursday evenings@ 6.30 – 8.00pm

Dates/ May 7 – June 11

Cost/ \$360 (no concessions available) **Please note: Full payment is required regardless of any absences planned or otherwise**

Who should attend?

Anyone interested in gaining a greater understanding of themselves and developing their capacity to have more meaningful relationships