



**INSIGHT**

**PROFESSIONAL SERVICES DARWIN**

## *Insight Mindfulness Drop-in group*

**Wednesday 5th June: 7 - 8pm**

Held the first Wednesday of every month.

*Attendance by donation – all proceeds going to the Wellness Centre.*

**Venue: The Wellness Centre - Green 5, CDU Casuarina Campus, Lakeside Dve.**

### **ABOUT THE GROUP**

- A monthly drop-in group that includes mindfulness tools and practice exercises.
- ALL welcome - suitable for beginners to those wishing to expand their mindfulness skills.
- Attend once-off or on a regular basis. No registration required - just turn up the day.

*Numerous studies have demonstrated the positive effects of practicing mindfulness. Learn some useful tools to improve your overall well-being, mental health, and physical health.*

*Improve your relationship with stress, emotions and thoughts.*

### **Enquiries**

For all enquiries please contact Toni Ryan on -  
Email: [insightprofessionalservices@gmail.com](mailto:insightprofessionalservices@gmail.com)  
Web: [www.insightprofessionalservices.com.au](http://www.insightprofessionalservices.com.au)

**Toni Ryan** is the practice owner of Insight Professional Services Darwin and has over 21 years experience. Insight is an independent private practice, specialising in:

- professional counselling
- private mindfulness coaching; and
- delivery of professional training/workshops

