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## WHEN

Sunday 9th June  
10.00am – 4.00pm

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## WHERE

The Basin Community House,  
21 Liverpool Rd, The Basin,  
Victoria 3154.

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## COST

\$49 per person

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## WHAT TO BRING

Please bring your own mats, cushions, meditation stools, blankets – whatever you need to make yourself comfortable for meditation. Only standard, hard-backed chairs are available in the hall. Please wear comfortable clothes and bring your own lunch and water.

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"YOU CAN'T  
STOP THE  
WAVES,  
BUT YOU  
CAN  
LEARN TO  
SURF"

*-JON KABAT ZINN*

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BOOK NOW



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## DAY OF MINDFULNESS

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WITH MANDY MERCURI





# STILLNESS AND SILENCE

Come along for this unique opportunity for focused meditation practice to refresh mindfulness skills and strengthen your ongoing practice. Over the course of the day, mostly spent in silence, you will be led through various meditations including sitting, walking, and gentle movement. The Day of Mindfulness forms a fundamental part of the Mindfulness-Based Stress Reduction (MBSR) program but is also open to others wishing to refresh and deepen their personal mindfulness meditation practice (so, some meditation experience is recommended).



## MANDY

Mandy has lived with chronic back pain for over 30 years. After attending a 3-week intensive pain management course in 2009, she came off all medications and started self-managing her pain. Now, while not without pain, she has an arsenal of techniques at her disposal and is closely in tune with her body and mind. She has recently completed a Mindfulness-Based Stress Reduction teacher training with the Mindfulness Training Institute of Australia because she knows, through experience, how much of a difference daily mindfulness has made in her pain journey. Mandy is passionate about sharing her experiences in the hope it will provide others some hope and inspiration to take action. She has been sharing her experiences about self-managing chronic pain and being mindful for the past 10 years. Mandy has a PhD in Environmental Science, is writing her first novel in her spare time and lives in the foothills of the Dandenongs with her family.

# rest

...

*/rest/*

cease work in order to relax or recover strength.

*"She needed to rest after the feverish activity"*



“  
Amazing  
facilitation  
-Tanya  
”

“  
Seamless &  
wholly  
enjoyable  
-Mel  
”

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[justbe\\_mindfulness](https://www.instagram.com/justbe_mindfulness)

