



**MANDY MERCURI**  
cultivating ease & connection

## Mindfulness for Pain Management

An 8-week Mindfulness-Based  
Stress Reduction course for  
people living with pain

Your facilitator  
**Mandy Mercuri**



After corrective surgeries for severe scoliosis in her teens, Mandy has lived with chronic back pain for over 30 years. Attending a 3-week intensive pain management course in 2009 enabled her to change her relationship to pain. She is a qualified Mindfulness-Based Stress Reduction facilitator and has been practicing mindfulness for over 10 years as a critical part of managing her physical and emotional wellbeing. She has extensive experience teaching in higher education and community settings.

For more information:

[www.mandymercuri.com](http://www.mandymercuri.com)

Mindfulness for Pain Management is an evidence-based program that shows you how to cultivate an observant, accepting and friendly approach to your own experiences. The program includes awareness of body sensations, thoughts and emotions and how these all relate to your experience of pain.

### The training will help develop your capacity to:

- Act and respond with awareness and clarity (rather than on autopilot)
- Understand and accept pain
- Enhance your physical, mental and emotional wellbeing

### What's involved?

- 8 x 2 ½ hour sessions that include opportunities to experience formal meditation, gentle mindful movement and discussion to cultivate your awareness in a supportive group environment
- A Day of Mindfulness retreat
- A full course booklet (including additional pain science information and resources)
- Access to the Openground meditation audio app
- Your own commitment to daily home practice

### 10th October to 28th November 2024

8-week course | Thursdays from 10am to 12.30pm

A full Day of Mindfulness retreat (Sunday 17th November)

TLC Birth and Beyond, Burwood Hwy, Upper Ferntree Gully

Full price \$499 | Early Bird \$399 before 19th September

Discounts available if financial support needed.

Unsure? Feel free to join Mandy for an introductory workshop on Thursday 12th September 10-11.30am.

**email: [hello@mandymercuri.com](mailto:hello@mandymercuri.com)**

Please scan QR code for booking or feel free to contact Mandy for more information.

