Openground
Australian Centre for
Mindfulness & Compassion

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information

From Pain to Peace

Practice and Science for Living Well

A transformative 8 week mindfulness program integrating the latest pain science.

From Pain to Peace is an active treatment for chronic pain.

It is an eight week course which integrates the Mindfulness Based Stress Reduction course, with the most up-to-date neuroscience about pain and how to transform it (from the Explain Pain program by David Butler and Lorimer Mosely).

Pain is real, personal *and* complex.

In-depth mindfulness and modern neuroscience explored together offers a transformational avenue for those of us living with pain. We now know the more we can explore and understand our pain, the less it hurts. You will gain most out of the course by attending all sessions and doing the home practice.

This course was developed by Dr Adele Stewart and Timothea Goddard.

What's involved?

- 8 x 2.5 hour sessions plus a half-day retreat
- Strong support and up-to-date information from your teacher
- 100 page course book (including additional pain science information and resources)
- Good conversations about things that matter
- Access to the Openground meditation audio app
- A fresh exploration of your life through your commitment to daily home practice

For more info and registration visit: www.openground.com.au
Phone: 0435 066 375 email: Mandy@openground.com.au

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Your facilitator:

Mandy Mercuri PhD, MTI Level 1, Pain Reprocessing Therapy Cert., Explain Pain.

Mandy brings warmth and a down-to-earth approach to her teaching, drawing on her own 30+ years of lived experience with chronic back pain. She has been practicing mindfulness for over 10 years as a critical part of managing her physical and emotional wellbeing. She is an accomplished fiction and non-fiction writer with extensive experience teaching in higher education and community settings.

- Learn about the neuroscience behind chronic pain.
- Let go of the "diagnosis" and engage with a mind-body explanation.
- Break the pain-fear cycle.
- Practice desensitization techniques by paying attention to pain gradually through a lens of safety and increasingly notice positive experiences.
- Explore how your thoughts, emotions and behaviours can all contribute to an overall sense of danger.
- Experience self care through the practice of mindfulness and compassion.
- Develop a toolkit for your long-term mental and physical health as well as relapse prevention.

8 Week Program Details

IN PERSON: Melbourne VIC - Ferntree Gully
02 February 2026 - 23 March 2026
Mondays, 10am-12.30pm
LIVE ONLINE: 06 February 2026 - 27 March 2026
Fridays, 2pm - 4:30pm (AEDT)
COST: Standard Rate $695 - supported rates available

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