

Mindfulness for Wellbeing

Monash University of Australia



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So thanks again for participating in the course and good luck as you continue on your mindfulness journey. Although dates for the 2021 courses are not yet confirmed, we hope to see some of you in the follow-up course maintaining a Mindful Life and/or repeating this current course sometime next year. Please note, you can add one or both courses to your wish list, so you will be notified when registrations open. But if not, we sincerely wish you well as you continue to explore mindfulness in whatever way feels right for you.

I would like to close with a quote from Jon Kabat-Zinn:
“The challenge for mindfulness is to be present for your experience as it is rather than immediately jumping in to change it or try to force it to be different.”

Good luck with this and take care.

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YOUR PROGRESS

100%

OF STEPS COMPLETED