

MORE Than Meditation – A 6 week course.

Below are comments participants have made at the conclusion of the recent 6 week course.

I thought what I learnt throughout the course was powerful but sitting here in this last session reflecting on all the techniques I have learnt and all the experiences I have had over the last 6 week..... I am blown away! The communications during the course were excellent. I have already recommended others do this course.

Therese, HR professional.

The course has helped me look at the priorities in my life. It has taught me to calm my thoughts I now realise meditation can help with pain control. I rated this course 10/10 and extremely beneficial.

Leslie , Nurse.

This course is well run and the enthusiasm of all those running it is great. **Andrew, Administrator**

This course has helped me relieve some of my anxieties and feeling of grief. I am sleeping better.

Judith ,Social Worker

The course was a great experience

Cameron, landscape gardener

I rated this course 10/10. Thank you to the presenters . You are very appealing, kind, informative and entertaining.

Bettina, Postal Worker.

I found this course absolutely perfect. Meditation has helped me find inner calm that I am now able to use in a variety of work and personal situations.

Natasha, HR manager.

I am very excited to discover something that has real potential to improve myself and my approach to life. I feel like this may be my lucky door! Bill (the course presenter) is an amazing man. And very inspiring. He brings calming insights and intelligent perspective to the sessions.

Brigit, lawyer.

This is the second time I have done the course It has renewed my belief of how beneficial I found the course the first time and made me realise how much I have been able to stay calm in the presence of stresses and stressful others. Thank you. I love the venue as well. I found the course extremely beneficial. It has been wonderful

Helen, home duties.

As the course went on I found I became more relaxed in my everyday life and more mindful. It has really been great.

Augella, mother.

It was an empowering and pleasant experience at the same time.

Maria, Administrator.



I have learned a great deal about meditation. This course has been a fabulous introduction. I will do this course again as I think second time around it would be even more beneficial
Penny Publisher.

I have found myself to be more calm and relaxed in everyday life and to be stress less over little things. I have learnt the importance of looking after myself I rate this course 10/10. I love coming to the Thursday night session. Meditation allows me to observe instead of thinking and analysing. Bill and Kati (the presenters) are so warm and welcoming and the course allowed me to feel safe. The course was amazing
Angie, Student

To find out more about the next course visit www.pathways2wellbeing.com.au.