



Who am I with you?

A 6-week course exploring mindfulness and relationships

We spend much of our lives in relation to others, whether it be an intimate partner, family, friends or co-workers. Indeed, we are products of relationships. While our relationships with others can be a source of great joy, they can also be the cause of anxiety and conflict. Wouldn't it be useful to understand more about how we "do" relationships?

Mindfulness is often taught with a focus on the thoughts, feelings and sensations that we have while sitting in silence on our chairs or cushions, on our own. It can also, however, be a powerful tool for investigating our response to others.

The aim of this course is to use mindfulness practices to enable participants to gain a greater understanding of how they "do" relationships with partners, friends and colleagues. With more understanding can come less stress, more self-compassion and a greater ability to self-regulate.

This course will be facilitated by Craig Delphine. Craig holds a Masters degree in Gestalt Therapy and has been a meditator for many years. He is a certified trainer in Mindfulness-Based Stress Reduction (MBSR) and has received training in Mindful Self-compassion.

- There is no requirement for participants to have previous experience of mindfulness or meditation.
- Home practice will be highly desirable for the duration of the course.
- Places are limited to a maximum of 12 participants.

Application process

To apply please download, complete and return the application form on the website @ www.connectground.com.au

Course Intake

On receipt of your application Craig will arrange a time for a 15-minute telephone intake conversation

Book and Pay

Applicants offered a place in the program are required to pay the course fee of \$360 at www.trybooking.com/464072

General Information

Venue/ Gestalt Centre 622-624 Lygon Street Carlton North 3054

Times/ Thursday evenings@ 6.30 – 8.00pm

Dates/ November 7, 14, 21, 28 – December 5, 12

Cost/ \$360 (no concessions available)

Who should attend?

Anyone interested in gaining a greater understanding of themselves and developing their capacity to have more meaningful relationships