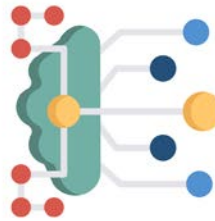


Mindfulness is a long-term practice



Draws on neuroscience & evolutionary psychology



Systematic experiential training



Draws on ancient wisdom of Tibetan Buddhism



Brings freedom to make choices about how we live


 Mindfulness Association
Our Approach
 Research evidence suggests that mindfulness meditation can improve physical and mental wellbeing, and can reduce anxiety and stress.



Compassion is at the heart of everything we do



Unfolds our innate human potential for happiness & wellbeing



Liberates from the conditioning that governs & limits our lives



Community & Membership

MINDFULNESS ~ COMPASSION ~ INSIGHT ~ WISDOM

www.mindfulnessassociation.net