



# MiND.U

♥ FEEL ♥ FLOURISH ≡ FLOW

## 8 WEEK MINDFULNESS BASED STRESS REDUCTION COURSE

*"You can't stop the waves, but you can learn how to surf."*

**DEVELOP MORE SELF AWARENESS AND FOCUS ON WHAT MATTERS MOST**

**LEARN HOW TO ATTEND TO YOUR EMOTIONS AND BUILD RESILIENCE**

**CULTIVATE MORE BALANCE IN BOTH BODY AND MIND**

**INCREASE PRESENCE AND WELLBEING IN YOUR EVERYDAY LIFE**

*Do you remember what peace of mind feels like?*

This inspiring programme has helped many thousands of people develop their emotional, psychological and physical wellbeing.

This tried and tested course has been shown to help those that attend it navigate the challenges faced in their lives, such as relationships, illness, pain, lack of focus, burnout and general ongoing stressors that occur in the day to day, busy, non-stop world of overwhelm, expectations and distractions we live in.

Research has shown measurable benefits lasting after MBSR courses, you won't get the same benefits from other shorter courses.

### COURSE INFO

8

weeks

2.5

hours per week

Countless

reasons to support yourself by taking  
this course



Course teacher - Lotty Roberts

## COURSE DETAILS

8 x 2.5 hour weekly group sessions, plus a day of mindfulness with a full day silent \*retreat day.



### What's included?

- ✔ Mindfulness meditation and body awareness training
  - ✔ Noticing your thought patterns, self talk and habits, and how to transform them with useful models and techniques
  - ✔ App of audio recordings and comprehensive workbook.
- Doing this course you will get 26 hours of contact time. (Note courses like
- ✔ Mindfulness work usually only have 4 to 6 hours)
  - ✔ I teach groups of 10 people. In these small groups, you will be well supported during the course.

*\*Retreat days are open to graduates of MBSR or experienced meditators, who join with those doing the course subject to numbers.*

### NEXT COURSE DATES

Get in touch to enquire about the next available dates.

### LOCATION

Central Wellington  
(Roseneath)



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### COST

Payment for this course is by koha (donation), with all proceeds going to the Mental Health Foundation of NZ.

Standard course RRP: \$675

***This course is a journey to get to understand, accept and befriend yourself better. To enable you to live your life with more resilience, purpose and presence, enabling you to navigate both challenge and change with*** *more ease and joy.*



Our minds are a powerful and wonderful servant but make a hard and troublesome master. This course is all about understanding and mastering the patterns of the mind so it doesn't master you.

I myself have experienced the benefits as a result of attending this very course 11 years ago. It was so pivotal and fundamental to me that I've practiced mindfulness ever since and have then gone on to comprehensively train and study for many years to be able to teach this to others.

All participants that have attended my courses have seen benefits and gained great insights on their thought patterns and behaviours that can cause stress, anxiety and frustration.

It's a privilege to guide and assist people through the process and teachings of this course, so they gain all the benefits from this great programme.

*Lotty Roberts*

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**MiND.U** *Helping you flourish from the inside out.*

COURSE TEACHER  
LOTTY ROBERT'S,  
DISCOVERED MINDFULNESS TO  
HELP MANAGE CHRONIC PAIN,  
STRESS AND CORPORATE  
BURNOUT. INSPIRED TO SHARE  
THE PRACTICE, SHE TRAINED AS  
A TEACHER AND FOUNDER OF  
MIND U – DEDICATED TO  
HELPING WORKPLACES,  
LEADERS AND INDIVIDUALS  
FLOURISH  
FROM THE INSIDE OUT.







# client TESTIMONIALS

Feedback from previous participants  
about this course.

"Lotty is simply amazing. I loved her 8 week course and silent retreat day and it has been a game changer for me. I find myself able to step back and my mind is calmer. I would have not considered a mindfulness course previously but this one has been practical, pragmatic and eye opening. I'm looking forward to future events - thank you so much! "

"What a blessing these past 8 weeks have been! I've dipped my toes into odd bits of Mindfulness before but Lotty brought a realness and approachability to it. I've found myself bringing mindfulness achievably into my life and I feel hopeful that I'll be able to maintain my practice from this point forward. Lotty created a wonderful non-judgement atmosphere, where we've been able to be open and share and learn from each others challenges and insights. I've found myself feeling generally more settled but more than that, I feel ready and armed with some great tools for inevitable future challenges."

" This 8 week course is a gift to yourself; Lotty is a gentle, humorous and wise teacher and the course will leave you feeling more self-love, and with tools to continue your own practice."

" This course really helped me to become more aware of how my mind operates and some ways I can create space to notice the thoughts and feelings that arise when I'm in those sticky situations. A really approachable, safe and non-judgemental course!"

" Hugely practical and accessible. Lotty is an excellent host/facilitator/teacher and nurtures a wonderful community of curious learners".

"It was a privilege to be part of this course expertly led by Lotty through the 8 week course. I now have more tools at my disposal to help me cope with the stress and anxiety that led to burn out, but I know this is just the beginning. If you're looking to explore this evidence based course I encourage you to get in touch with Lotty asap. Thank you Lotty for providing a safe, welcoming environment.