

Meditation Sessions

All Students Welcome!

Dates: Fridays March 24th, March 31st, April 21st, April 28th and May 5th

Time: 12:15pm to 1:15pm

Location: Student Counselling Centre, Ground Floor, Horace Lamb Building

Campus Maps <https://www.adelaide.edu.au/campuses/north-terrace/>

Meditation and mindfulness are ancient skills that have had a huge upswing in popularity in the Western world in recent years.

In these sessions you can relax, recharge, enjoy the experience and develop your own practice. A few different styles of meditation will be covered, so you can find one that is best for you. A special focus will be given to using meditation and visualisation to achieve desired goals. The sessions shall also cover how to use simple breathing techniques to manage mood and enter desired mental states, such as 'flow' states for peak study performance.

The sessions are free but bookings are essential.

They will be conducted by Greg Smith from Counselling Support, Student Life. Greg is a psychologist and student counsellor at the University of Adelaide. Greg is also a qualified yoga teacher with a long interest in both Eastern and Western approaches to health and wellbeing.

For further information and bookings phone
8313 5663 or email
counselling.centre@adelaide.edu.au

Further enquiries

Ph: +6 8 8313 5663

Email: counselling.centre@adelaide.edu.au

Web: <http://www.adelaide.edu.au/counselling/>

