

Meditations for Clinicians & Practice Staff who think they can't meditate - Session 10 Self-Care Awareness and Guided Visualisation



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and [registration details](#)

WHEN Thursday, October 7th 2021
1:00 PM - 2:00 PM

WHERE Online

COST Free

The PHN (Hunter New England Central Coast PHN) and The Well Being Initiative are offering 12 meditative sessions designed to lift the load and re-group. Each session involves a brief introduction to the meditation style, brief evidence base, innovative breathwork and stress release. Various relaxing exercises, tools and guided visualisations are all suitable to those who have never meditated and those who have.