

# Meditations for Clinicians & Practice Staff who think they can't meditate - Session 11 Ditching the Stress of an endless marathon



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**WHEN** Monday, October 11th 2021  
6:30 PM - 7:30 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.