phn HUNTER NEW ENGLAND AND CENTRAL COAST
An Australian Government Initiative

PRIMARY HEALTH NETWORK

Meditations for Clinicians & Practice Staff who think they can't meditate - Session 4 Releasing Interpersonal Stress and Conflict

WHEN Thursday, September 16th 2021
1:00 PM - 2:00 PM

WHERE Online

COST Free

Scan for more information and registration details

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.