



## MINDFUL WALKS & OUTINGS

Relieve your stress whilst enjoying the company of others...

Mindful walking simply means walking while being aware of each step and of our breath. ... Mindful walking can release our sorrows and our worries and help bring peace into our body and mind. We can practice walking meditation alone, with another person, or with a group. We also run fortnightly group outings which may involve heading to the beach, park, movies etc. There is no prerequisite to join this group.

*"Creating greater Opportunities"*

### Who can participate?

Anyone with appropriate NDIS funding. You can also self-fund if required.

### When does this training start?

As soon as you are available. Our staff can arrange a time that suits you.

### Who facilitates this group?

Our groups are facilitated by our trained and professional support staff.

**Contact us today to get started!**

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