



Out of the busy mind, into the moment

Life can look good on the outside and still feel busy on the inside.

Many of us spend a lot of time thinking about what's next or replaying what's already happened. Even when we try to relax, the mind can keep running – planning, analysing, and jumping from one thing to the next.

In this complimentary in-person session, I'll share a clear, practical look at:

- Why the mind so easily stays in overdrive
- Why trying to “think” our way into calm often doesn't work
- How bringing attention into the body and the breath helps the nervous system settle

We'll then move into a series of simple, guided practices, including:

- Breathing exercises to slow the nervous system
- A short mindfulness meditation with visualisation to support calm, focus, and present-moment awareness

No previous experience with meditation or mindfulness is needed. The practices are straightforward and easy to apply in everyday life.

A chance to calm your mind, and leave feeling clearer and more settled.

Certified through the Mindfulness Center's Science of Mindful Awareness program, Brynn Elizabeth Hadler offers retreats and online courses focused on mindfulness, meditation, visualization, and practical tools for everyday life.

Join us:
Jan 20, 2026 · 6-7 pm
11 Shoreside Row, Murray's
Beach NSW 2281
Sales office next to the Café
No cost to attend