

MINDFULNESS & SELF COMPASSION MEDITATION



The mind is constantly wondering to the past and to the future. This gives stress to the mind. In these sessions we focus on the Buddha's "Four foundations of mindfulness". Mindfulness of body, feelings, thoughts and mental states.

The benefits of being mindful are immense. Mindfulness helps keep the mind and body healthy. It helps us develop and maintain calmness, focus on other wholesome states of mind. These are not only beneficial for us, but the benefits flow on to others we come in contact with. Loving kindness meditation is giving love to yourself & to all others and so having positive emotions

Self-compassion allows us to look honestly at our lives without judgment. It gives us the emotional safety to acknowledge what isn't working, while also recognising that struggle is part of being human. When we meet ourselves with warmth instead of self-criticism, change becomes more sustainable. We learn from our experiences and try again when we stumble.

Devaki is a Buddhist practitioner in Theravada tradition. She has been practising mindfulness for over 20 years and has studied with a range of mindfulness teachers.

Every Tuesday 10.30 am – 11.30 am from 14 April 2026

**At Women's Health Centre 225 Bolsover St corner of Derby St Rockhampton 4700
entrance gate opposite Vibe Fitness**

BYO cushion chairs provided

Attendance: Free donations to Women's Health Centre are very welcome

Contact: rockhamptoninsightmeditation at gmail.com 0478630888 text preferred

ALL WELCOME