

## MINDFULNESS AND SELF-COMPASSION WORKSHOP

The benefits of being mindful are immense.



Mindfulness helps to 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

*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.

**Tuesday 5 May 9.30 am – 11.30 am 2026**

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

**BYO cushion** chairs provided Morning tea included

Attendance: \$20 or by donation

**Contact: [rockhamptoninsightmeditation@gmail.com](mailto:rockhamptoninsightmeditation@gmail.com) 0478630888 text preferred**

**ALL WELCOME**