



For a Healthy mind,  
body & heart  
Please join us!

# Mindfulness Walking Session

Learn tips on how to introduce mindfulness in your daily walking

**When:** Wednesday 16th April

**Where:** Tongala Health (Next to the Library)

**Time:** 1.30pm to 3pm

Information Session | Short Mindfulness Walk | Afternoon Tea | Prizes & Giveaways!

**All Welcome to Attend, the more the merrier!**  
for catering purposes please RSVP by: 6th April - Ph: 58 570 245

## What is Mindfulness Walking?

The practice of mindful walking is the opportunity to give ourselves a bit of a break from the constant mental chatter. In consciously tuning into our breath and opening up to our five senses during our walks we have the potential to:

Decreases stress and symptoms of worry and anxiety. Improve sleep habits.  
Improve overall mood.

Develop more appreciation and gratitude, which can substantially improve mental health and wellbeing. Allow ourselves a few moments without our smartphones, our to do lists, our worries and fears, and in doing so we organically allow our minds to slow a little and generally feel better.



**TONGALA**  
HEALTH



**Heart**  
**Foundation**  
Walking