



MINDFULNESS WORKSHOP

Mindfulness is taking the backward step to witness how our mental habits create our perception of reality. Once the significance of this insight penetrates deeply enough, we are then free to change our relationship with life. We discover an unshakable spring of well-being at the core of our experience, and it is from here that we learn to navigate the world with ease and with an appreciation for this incredible experience of being alive.

Benefits

- ✓ Increasing ability to face challenges in life (so less stress).
- ✓ We become better at dealing with negative thoughts and emotions.
- ✓ Freedom to relate to the world in new ways (re-enchanting our world).
- ✓ Increasing ability to connect with other people.
- ✓ Increased well-being, creativity, and energy.
- ✓ We become better at dealing with uncertainty.

My name is Paul Garrigan. I manage the mindfulness program at Hope Rehab Thailand. I also run online workshops and work with clients individually. I use a trauma sensitive/whole person approach to help people incorporate mindfulness principles into their daily lives. I have worked with clients with compassion fatigue/ caregiving roles, history of PTSD or traumatic experience, addiction issues, relationship or health related stressors, depression and anxiety. I am also an author and a registered nurse.



To find out the date of the next workshop,
please contact: info@paulgarrigan.com