



# Mindfulness Group

*Ulladulla Program of Supports*

Mindfulness practices offer life skills and tools to assist with calming the mind and bringing awareness into the present moment. This group will assist you in discovering the different ways you can practice mindfulness. During this program you will participate in mindfulness activities such as yoga, mindful meditation, art therapy and sound/music therapy. Suitable for beginners.

**When:** Monday (weekly)

**Time:** 2pm to 5pm

**Where:** 157 Wadren St,  
Ulladulla



## Location

- Yumaro  
157 Wadren St, Ulladulla



## Equipment

- All equipment is provided



## Program Costs

- NDIS funding -  
Group rates

*For further details please contact the HCS team:*

(02) 4455 4799