

# MEDITATION

## Create a Mindful Life

A course designed to expand mental & physical awareness

Conducted by Dr Lisa Pizaro

- Increase self-awareness, sharpen memory and reduce stress ○
  - Discover the scientific benefits of mindfulness ○
- Learn how to develop your focus and enhance creative skills ○
  - Enter a space to relax, restore and reconnect ○



### Dr Lisa Pizaro

Dr Pizaro has been a Lecturer in Communication Culture and Language at universities both here and internationally for the past 15 years. Her passion to understand the mind led her to study meditation in Japan, Korea and South East Asia. This year she joins the internationally respected Mindfulness Team at Monash University. She is a published author, contributor to several prestigious journals, and regularly presents at conferences internationally including the Women's World Congress. We know you will be captivated by Lisa's warm and generous teaching skills.

**When:** Thursdays 4 May to 8 June 2017

**Time:** 7.00 to 8.00pm

**Where:** 75 Reid Street Training Room

NORTH FITZROY

**Cost:** \$180 for 6 sessions

**Enquiries:** Tara Brayshaw [info@jinli.com.au](mailto:info@jinli.com.au) | 0407 941 101  
Dr Lisa Pizaro [fictoscapes@gmail.com](mailto:fictoscapes@gmail.com)

**More Info:** [www.jinli.com.au/whats-on](http://www.jinli.com.au/whats-on)

**Bookings:** [www.jinli.com.au/login](http://www.jinli.com.au/login)

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**JinLi Wushu-  
Tai Chi Pty Ltd**

ABN 63 611 819 848

GPO Box 2895

Melbourne Vic

3001 Australia

Ph: +61 3 9527 7377

M: +61 407 941 101

E: [info@jinli.com.au](mailto:info@jinli.com.au)

W: [www.jinli.com.au](http://www.jinli.com.au)