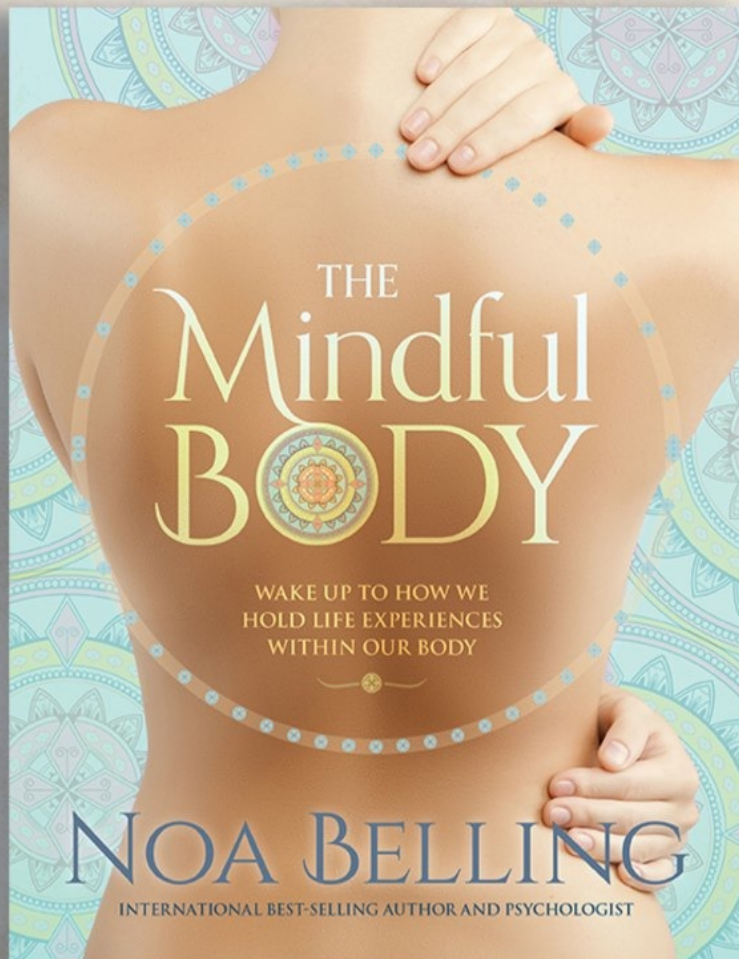


Mind-Body Awareness And Practical Strategies

Free webinar organised by DTAA

6 March 2018, 7.30-8.30pm (Australian Eastern Standard Time)

AVAILABLE FEBRUARY 2018



How does your mind live in your body?
How can body awareness help you change
your mind and experience of life?

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You are invited to join Noa for a one hour webinar where she will share and invite discussion around her inspiration and some of the practical strategies offered in her new book, *The Mindful Body*.

The Mindful Body is a book written for the general public about building emotional strength and managing stress with body mindfulness. Includes a foreword by Christine Caldwell, PhD.