



“Mindfulness enables us to put stressful situations into perspective, see the bigger picture and to experience parts of our lives that are whole, intact and which have the capacity to bring us great joy...”

What I have personally found most rewarding about mindfulness education is that its practices are taught in such a way that they are easily layered into our busy lives long after we complete the programme. In fact, once we experience the considerable peace of mind and lifestyle benefits it becomes easy to embrace mindfulness as life-long tools... ”

Alison Keane
MSSC BBus Dip IYTA

Alison Keane is a Brisbane mindfulness educator and family therapist.

In 2007, she travelled to the United States to study and experience Mindfulness-Based Stress Reduction (MBSR) under the direction of Dr Jon Kabat-Zinn, founder of MBSR, and founding teacher of Oasis an international learning centre for clinicians, researchers and educators engaging in mindfulness-based approaches and interventions.

Alison’s long-term commitment to understanding the psycho-physical nature of anxiety, stress and other issues that overwhelm people in today’s world is complemented by her experience as a family therapist of more than 15 years. She has also worked as a remedial yoga instructor working in mental health, the school system and within the corporate world.

Her experience as a professional facilitator of mindfulness education is informed by a personal meditation practice and application within her work of solution-focused narrative therapy, family systems theory and humanistic psychology.

Through programmes like MBSR and other mindfulness education Alison inspires people to embrace and integrate healthy and enduring daily practices to live more satisfying and full lives.



ALISON KEANE
educating in mindfulness

Programmes & Counselling Services:

MBSR Weekend Programme
(three morning sessions & one full day session over six weeks)

‘A Taste of Mindfulness’ – an introduction to MBSR (weekend half day)

Private sessions & long distance mindfulness courses

‘Breathing Space’ – a mindfulness programme for secondary colleges & schools to assist senior students in managing exam and life stresses

Solution-Focused Brief Therapy (SFBT)

Mindfulness as a Self-Help and Support Strategy for Health Care Workers

Hatha Yoga for Health and Well-Being

Meditation, Mindfulness & Relaxation CDs & Downloads

**For more information visit
www.alisonkeane.com.au**

Mindfulness education programmes including MBSR are not designed to replace current medical care. If you are experiencing a serious health condition, and are interested in taking more responsibility for your health and well-being by participating in a programme like MBSR, it is important to consult your doctor or health care practitioner.

Imagine what it would be like to...

dramatically improve your ability to handle stressful situations

develop a deep appreciation of life itself

strengthen your body and effortlessly let go of muscular tension

find balance and peace of mind in intimate and work relationships

take responsibility for improving your health and well-being

AND

face change and difficult times in your life with greater ease



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