

**The TAVRP Inc Committee
Invites you and your colleagues to the**



First Launceston Breakfast Meeting of 2020

On Thursday 12 March, 7.30 – 9.00am

**At Grain Restaurant, Silo Hotel
Lindsay St, Invermay**

***Please arrive by 7.30am, and speak to restaurant staff
on arrival, to indicate that you are there for the
"TAVRP Breakfast Meeting"***

Topic: Applying the Science of Mindfulness

**Speaker: Rosy Green,
Mindfulness Programs Australasia**

This short session will introduce participants to the principles of mindfulness and outline the physiology behind its effectiveness. Participants will learn how mindful skills can be applied in the workplace and in personal life, to enhance our own wellbeing as well as that of our clients.

Rosy is a qualified teacher of Mindful Self-Compassion, Mindfulness-Based Stress Reduction, and Restorative Yoga. With a background in midwifery, nursing, counseling and tertiary education, she has extensive experience supporting people through times of hardship, including anxiety, stress, depression and loss.

***✧ Prepayment by the RSVP date is essential, in order to
confirm your attendance.***

✧ See next page for registration and payment details.

Breakfast will be a buffet-style, continental breakfast

TAX INVOICE ABN 96 128 479 496
(This part will form your tax invoice – no receipts will be issued).



Rosy Green - Launceston Breakfast Meeting (12/3/2020)

RSVP with payment due by Friday 6 March

Please send your completed invoice to admin@tavrp.com.au

Name: _____

Mobile: _____ Email _____

Company _____

Date: _____

Please select your fee category:

- Members \$22.00 (Includes GST of \$2.00)
 Non-Members \$33.00 (Includes GST of \$3.00)

Payment options:

Direct deposit: WBC Hobart, BSB: 037-001 Account: 186 192
(please include your name on the deposit receipt/reference section)

Charge \$_____ to my AMEX / Visa / MasterCard

Name on Card: _____

Card Number: _____ Expiry: ____/____ CVC: _____

Signature: _____

Please note: There are no refunds or credits available after the RSVP date