



# Mindful Families

Develop your own mindfulness plan to support loving and caring relationships, better communication, healthy boundaries, and collective ownership of the home environment.



“MMA’s approach to mindfulness and meditation is easy to understand and provides practical tools to make a real difference.”

3000+  
PARTICIPANTS  
TRAINED

We’ve made meaningful changes in workplace culture in businesses and organisations across Western Australia.



Featured in



## Programs



### Mindful Families (2 Hours)

\$40 PER PERSON

\$60 PER FAMILY

#### Key Outcomes

- Define and understand the science of mindfulness and meditation
- Learn skills, techniques and exercises to create a more mindful household
- Learn basic meditation practices to share with your family
- Create a tailored action plan for your family and household

#### Benefits

- A foundation to begin implementing mindfulness practices at home
- An opportunity to create a whole-home approach to becoming a more mindful family
- Gain an understanding of the importance of self-regulation
- Timely, cost effective and actionable program



“A fun, interactive workshop. It was great to learn about the little things which will impact my family in a big way.”



# One of our Mindful Families



Program:  
Mindful Families

Date:  
April 2019

[▶ PLAY VIDEO](#)



While sitting down and meditating as a family every night would be great, it's not easy or possible.

The Mindful Families workshop was about creating more love, care and respect in our home by bringing in simple mindfulness and meditation strategies. It was about choosing simple strategies that would work for our unique context.”

For our family, it's practicing more gratitude at dinner and doing more breathing together to help manage anxiety, and we're going to work towards some longer meditation to help brings us closer together.

It was a fun, interactive workshop. It was great to learn about the little things which will impact our family in a big way.



“The workshop helped highlight the great things we're already doing and some areas we want to continue to focus on”

Jarrah and Madi

Who we are



**Kerry Harmanis**  
Founder



**Dr Neale Fong**  
Board Member



**Trent Falkner**  
Board Member



**Karen Gadsby**  
Board Member



**Brayden Zeer**  
General Manager



**Dr Stacey Waters**  
[External Researcher](#)

## MMA is a not for profit organisation established by **Kerry Harmanis**.

Kerry founded MMA to provide an opportunity for others to experience the benefits that he himself has gained, personally and professionally, from mindfulness and meditation.

We understand that mindfulness and related practices help develop self-awareness, compassion and care

which makes a difference not only to individuals but our broader community.

By teaching simple, evidence-based mindfulness and meditation practices to schools, workplaces and families, we intend to improve the happiness and well-being of our Australian community.

# Start creating a mindful family.

Get in touch with us today to discuss the perfect mindfulness and meditation approach to suit you and your team.



**Give us a call on:**  
08 6249 0175



**Send us an email at:**  
[info@mindfulmeditationaustralia.org.au](mailto:info@mindfulmeditationaustralia.org.au)

## Mindful Education

Improve students' ability to self-regulate and experience positive outcomes both in and out of the classroom.



## Mindful Families

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## Mindful Workplaces

Inspire a workplace where employees experience improved job performance, relationships and personal well-being.



Mindful  
Meditation  
Australia

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