



NATURE CARE HEALTH CLINIC

# Meditation for *Healing & Wellbeing*

One to One · with Jane Mara

---

This is not a relaxation class. It is a structured education program. Five weekly sessions, one to one, designed to give you a thorough understanding of meditation: how it works, what it does in the brain, and how to build a practice that lasts.

The program is personal from the start. It begins with a phone call to understand your current experience and what you are hoping to achieve, and closes with a follow-up conversation after your final session.

---

## BENEFITS OF REGULAR PRACTICE

- |                              |                            |
|------------------------------|----------------------------|
| • Reduced stress and anxiety | • Enhanced immune function |
| • Improved sleep quality     | • Better pain management   |
| • Emotional resilience       | • Deeper sense of peace    |

---

## INVESTMENT

Pay per session: **\$150 per session**

Five-session package: **\$600 upfront** (save \$150 on full price)

*The initial phone call and follow-up are included at no extra cost in both options.*

---

## TO ENQUIRE OR BOOK

**Reception** (02) 9966 8666

**Email** [reception@naturecarehealth.com.au](mailto:reception@naturecarehealth.com.au)

**Address** Level 5, 39–41 Chandos St, St Leonards NSW

*Weekly one hour sessions Scheduled from May 15, 2026.*

## WHAT YOU WILL LEARN

### **Session 1: Introduction & the breath**

What meditation is and what it is not. How the brain responds to regular practice. The breathing pattern that activates the body's rest-and-recovery system within seconds. Your first guided meditation.

### **Session 2: Body awareness & neural change**

How the brain changes physically with consistent practice. What happens in the brain during stress and during recovery. A full body scan meditation to develop awareness from the inside out.

### **Session 3: Mantra & sound**

How repetition quiets a busy mind. The science of sound and the nervous system. A guided mantra meditation followed by a pre-recorded sound meditation.

### **Session 4: Heart coherence & rhythm**

The link between heart, breath and brain. Why the breathing practice from Session 1 has a real biological basis. A coherence practice that brings the whole system into alignment.

### **Session 5: Integration & your ongoing practice**

Bringing it all together. A personal toolkit of techniques matched to different states and situations. A clear, simple plan for continuing at home.

---

## THE SCIENCE, IN PLAIN LANGUAGE

Research shows that with consistent practice over six weeks, the brain changes measurably. The areas that regulate stress grow stronger. The threat-detection response becomes less reactive. Sleep, focus and emotional steadiness improve.

Across the five sessions you will understand exactly what is happening in your brain and body. That understanding is what makes a practice last.

---

## WHAT IS INCLUDED

- Initial phone call to understand your starting point and tailor the program to your needs
- Five one-hour weekly sessions at Nature Care Health, St Leonards
- Home practice guidance after each session
- Follow-up call after your final session to consolidate your ongoing practice