

Mindarma

# Rest Fest

Pause, relax and enjoy a restorative May

Always giving? Now is the time to receive. During our 4-part Rest Fest series you will take part in restorative self-compassion practises, learn about the science of self-care and discover how to protect against empathic distress fatigue.

**Wednesday 8, 15, 22, 29 May 2024**  
**11:30am – 12:10pm (ACST)**

## Presenter

**Dr Sadhbh Joyce**

Senior Psychologist, Co-Founder of Mindarma,  
Meditation Teacher, External Fellow, Black Dog  
Institute/UNSW (NSW)

To register or find out more  
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[www.mindarma.com](http://www.mindarma.com)

