

# Services Guide

Understanding your options



AM WELLNESS

# Meet Alex

I'm a meditation and mindfulness expert, yoga teacher and a specialised therapist trained in ACT (acceptance commitment therapy, a mindfulness based approach to behaviour change).

With over 15 years experience in self development, I am passionate about helping people smash through their internal barriers to live a life they are truly excited about.

My formal qualifications include:

- Bachelor of Science & Psychology
- Meditation and Mindfulness
- 200 hour Haha Yoga
- 50 hour Yin
- Acceptance commitment therapy

Meditation, mindfulness and yoga have helped me to feel grounded, whole and connected. Rather than rushing from one thing to the next, my daily practice has helped me to be more present in order to notice and enjoy the little pockets of happiness that we so often miss when we are busy.

Modern life is full of stressors and I work with people who need tips and tools to help calm the mind and relax the body so that they can enjoy life more.

**Alex McDonald**  
Founder of AM WELLNESS



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# Individual

Meditation and mindfulness made easy



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## Individual coaching

- Learn how to calm the mind and relax the body quickly and effortlessly
- Tools and techniques 100% tailored to your needs
- Helps you to cultivate greater levels of calmness and clarity
- Receive one on one guidance and support
- Gives you the confidence to integrate mindfulness and meditation into your daily life

Includes: 5 x 1 hour sessions: In person, or via Skype/facetime



## Private yoga sessions

- Investigate the ancient practice of yoga in the comfort of your own home or private location
- Learn how to deeply connect to self, cultivate inner stillness through breath and movement
- Helps to strengthen and tone the whole body

Options Include:

- 10x sessions or 20x session packages
- Mixture of styles available to suit your individual needs - including vinyasa, slow flow and yin.



## Acceptance commitment therapy

- Gentle mindfulness based approach to behaviour change
- A deeply nourishing form of behaviour therapy that connects mindfulness and values to drive meaningful improvements in happiness, wellbeing and sense of purpose.

Includes:

- 1 x 2 hour wellbeing consultation to map out key areas to improve and enhance.
- 6 x 1 hour sessions of mindfulness based coaching integrating traditional coaching with meditation

# Workplace

Wellness is worth investing in



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## **Meditation and mindfulness made easy: Integrate meditation and mindfulness in the workplace**

- Helps provide the tools and skills in a fun and safe environment
- Quickly and easily relax the body
- Calm the mind and improve focus
- Think clearly and creatively
- Effectively manage stress and build resilience

Options include:

- 3 hour workshop
- 5 week course: 5x 90 minute sessions



## **Group yoga sessions**

- A fun and challenging way to promote a sense of wellbeing among employees
- Perfect for beginners, classes will be simple and accessible
- Specially designed to support the physical challenges of the modern office worker
- Focus on greater postural alignment of the shoulders, neck and spine

Options include:

- Standalone 1 hour 16 minute Yoga and meditation
- 6 week beginner friendly course: 1x session per week

# Groups



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## Conscious gatherings

Plan something wholesome and nourishing for Birthdays, hen parties or any sort of special gatherings.

Options are tailored to suit group needs, and may include:

- Specially personalised group yoga sessions
- Meditation and mindfulness workshops and guided meditation experiences
- Combined yoga and meditation experiences designed to honour significant events



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# What are people saying?

As a newbie to the world of meditation & mindfulness, I wasn't too sure what to expect from these sessions! I have finished, however, feeling empowered to integrate meditation & mindfulness into my life, armed with a range of different techniques in the toolkit to use when needed. Alex's classes are a mix of meditation techniques, meditation sessions, thoughts on mindfulness and are a supportive and inclusive environment to explore what works for you and your needs and time.

- Nikki

Although I had some experience with meditation a long time ago, Alex was able to enlighten me with new techniques, in a course delivered with her passion and enthusiasm that brought me back to using meditation in some way, almost every day.”

- Ed





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