



Instructor Biography

Sharn Rocco (PhD) is an acclaimed meditation and mindfulness practitioner and teacher. She has been designing and leading mindfulness-based professional development, courses and retreats in Australia and overseas for more than a decade. Twice scholar-in-residence for the Garrison Institute NY, Sharn has published research and magazine articles on the practice and effects of meditation and mindfulness for specific populations. What she offers is grounded in her daily mindfulness and meditation practice informed by regular retreats and study with renowned meditation masters in Australia, Europe, India and USA. You can learn more about Sharn by visiting her website: www.mindfulworks.com.au