

mindfulness meditation

- a beginning-

Quiet the mind

Balance the emotions

Ease the body

Open the heart

Living more in the present moment we free ourselves of negative mindstates, manage stress better, relationships improve and life becomes more stable and satisfying.

In these supportive group classes for those with little or no experience, or who want to reconnect with meditation, learn:

- A clear, gentle, simple technique
- How to establish a regular practice
- The importance of posture & attitude
- How to deal with difficulties in meditation practice
- How to bring a meditative & mindful approach to daily life

TEACHER: Steve Brown has over 20 years of meditation experience in Australia, Nepal, India and Thailand. A counsellor and psychotherapist, he brings a gentle and grounded approach to his teaching of meditation.

WHERE the Organ Factory, Page St. Clifton Hill

WHEN: Mondays 7.00 pm – 9.00 pm for 5 weeks starting FEBRUARY 26

ENQUIRIES/BOOKINGS: 0417 169 662 8470 1188

COST: \$140 – includes guided instructions cd. (Conc. avail)

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