

The Gawler Foundation's Mindfulness Based Stillness Meditation Course

"Imagine not being concerned
about yesterday or tomorrow—
to just BE" (Eckart Tolle)

..."being mindful means intentionally turning
off the auto pilot mode in which we operate
so much of the time.....brooding about the
past.....or worrying about the future." (Mark
Williams, John Teasdale, Zindel Segal and Jon
Kabat-Zinn)

Stressed, Anxious, Alone, Angry, Tired and Swamped.

Feeling overwhelmed with an emotion that you can't seem to function or concentrate on anything? Mindfulness can provide you with simple yet powerful tools to be in control of YOU.

Facilitated by Trevor Jones (B.Ca, UNE, CMACA), with 7 years experience as a Personal Counsellor at Lifeline Newcastle & Hunter. Trevor is currently endorsed to present The Gawler Foundation's Mindfulness-based Stillness Meditation Program.

For further information re: course locations contact Jodi on 4940 2042 or jodi@lifelinehunter.org.au or you can view this particular program and others organized by Lifeline Newcastle & Hunter.

Cost: \$165.00 inc. GST (standard)
 \$115.00 inc. GST (concession)



Please use registration form to book and arrange payments
Closing date for Registration - one week prior to course commencement.

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MINDFULNESS/MEDITATION PROGRAM REGISTRATION

Please send your registration details to Lifeline Newcastle & Hunter PO Box 275, MAYFIELD NSW 2304 or fax to 4940 2010.

Workshop Location: _____

Full Name: _____

Address: _____

Ph: Home _____ Work _____ Mobile _____

Email: _____

Organisation: _____

PAYMENT DETAILS COST: \$165.00 inc. GST Concession: \$115.00 inc. GST
(Registrations and payments must be received one week prior to course commencement)

Cheques— made payable to Lifeline Newcastle & Hunter

Direct Deposit— BSB: 032 505 Account: 27-0993

Credit Card— Card # Exp. CCV

Name on Card _____

If you require any further information or need an invoice please contact Jodi Milliken on 4940 2042 or

jodi@lifelinehunter.org.au