

The Gawler Foundation's Mindfulness Based Stillness Meditation Course

Introduction to Meditation

-Calming the Body

-Calming the Mind

-From Mindfulness into Stillness

-Mindfulness in Daily Life

-Imagery

-Expanding Meditation-Loving Kindness

-The Complete Practice

*Mindfulness means
paying attention in a
particular way:
on purpose, in the
present moment and
non-judgmentally.
(Jon Kabat Zinn)*

Participants will be invited to actively take part in the sessions. Theory and supporting evidence of the effectiveness of mindfulness and meditation will be the foundation for practice carried out during the sessions. By the end of the sessions, participants will be more familiar with mindfulness meditation and its practice and will have developed the skills required to continue building upon their practice in every day life.

Next courses commence:

- Broadmeadow:** 9.30am—11.00am
Every Tuesday commencing 2/3/10 until 20/4/10
199 Broadmeadow Road, Broadmeadow
- Toronto:** 6.00pm—7.30pm
Every Tuesday commencing 2/3/10 until 20/4/10
Toronto Multi purpose Centre,
Thorne Street, Toronto
- Newcastle:** 8.00am-9.30am
Every Friday commencing 5/3/10 until 23/4/10
Family Action Centre Training Room
University of Newcastle, University Drive, Callaghan
- 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.

Facilitated by Trevor Jones, who is endorsed by the Gawler Foundation. www.gawler.org
For further information contact Jodi on 4940 2042 or Jodi@lifelinehunter.org.au

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MINDFULNESS/MEDITATION PROGRAM REGISTRATION

Workshop Location (please tick which one you will be attending)

- Broadmeadow
 Toronto
 Newcastle

Full Name _____

Address _____

Ph: (h) _____ (b) _____ (m) _____

Email: _____

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 and posted to Lifeline Newcastle and Hunter PO Box 275, Mayfield NSW 2304

OR

Please debit my Credit card: Visa MasterCard for \$_____

Card Number _____ Expiry Date: _____

Name on Card: _____ CVV Number: _____

Signature: _____ Date: _____

OR

Bank Transfer: Lifeline Newcastle and Hunter

BSB: 062 808

Account No: 800974

If making a bank transfer *please* ensure relevant details are included e.g. your name.