

# 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* [www.gawler.org](http://www.gawler.org)

For further information re: course locations contact Jodi on 4940 2042 or  
[jodi@lifelinehunter.org.au](mailto:jodi@lifelinehunter.org.au) or you can view this particular program and others  
organised by Lifeline Newcastle & Hunter at [www.lifelinehunter.org.au](http://www.lifelinehunter.org.au)

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

Workshop Location: \_\_\_\_\_

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 & Hunter**

**BSB: 032 505**

**Account No: 270723**

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