

Mindfulness-Based Stillness Meditation

at the Abbotsford Convent

Mindfulbody

*"The most precious gift we can offer others is our presence.
When mindfulness embraces those we love, they will bloom like flowers."
~ Thich Nhat Hanh*

Image courtesy of Linda Robertson, monotype 2014

Wednesday evenings 6.00pm to 7.30pm

**WellBeing Centre, 1st Floor, Main Convent Building
1 St Heliers Street, Abbotsford**

Cost: \$160 for 8-week program (concession available)

Enquiries & bookings: contact Julia Broome

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www.mindful-body.com.au

Mindfulness meditation allows us to cultivate, refine and deepen our capacity to pay attention and dwell in present-moment awareness, re-discovering peace and stillness. Engaging in this practice awakens relaxation of mind and body, reduces stress and nourishes us on a deep level. This creates space for healing of mind, body and spirit.

This program of meditation is designed to assist people to learn Mindfulness if they are new to meditation. It is also for people familiar with the practice, who enjoy meditating with others and wish to develop their meditation in a supportive space. While there will be explanation, guidance and discussion, the emphasis in the sessions will be on practice.

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The facilitator, Julia Broome, has taught meditation for many years and has engaged in her personal meditation practice for over 35 years. Julia has trained as a Mindfulness meditation teacher and is a member of Australian Teachers of Meditation Association, ATMA.

As a Feldenkrais practitioner & physiotherapist, Julia has a private practice at the Abbotsford Convent. She also works with the Gawler Foundation.

*"We have only now, only this single eternal moment opening
and unfolding before us, day and night."
~ JACK Kornfield*