

## Stillness Meditation Therapy Summer Intensive Program

### *A holiday for your mind*

Discover the way to *Living Calm* with this intensive three day meditation program.

Invaluable for those seeking relief from stress and anxiety

Excellent holiday option for busy people or those living away from Melbourne

Ideal for health professionals; suitable for students, parents and families.

**Program:** \*Introductory workshop  
\* 6 meditation sessions  
\* 2 private consultations  
\* Copy of "Living Calm in a Busy World" by Pauline McKinnon  
\* *Small groups, personalised attention*

**Dates:** Please select one of the following options:

Program 1: 8, 9 & 10 Jan

Program 2: 15, 16 & 17 Jan

Program 3: 22, 23 & 24 Jan

**Bookings/** 03 9817 2933 or [info@stillnessmeditation.com.au](mailto:info@stillnessmeditation.com.au)

**Enquiries** Small groups only; early booking advisable

**Venue:** Stillness Meditation Therapy Centre  
146-148 Harp Road, Kew, Victoria

**Cost:** \$795pp (full payment required to secure booking; fees not refundable)

If you are seeking a calmer, more fulfilling and rewarding life, our Summer Intensive Program offers a natural, positive plan to help you achieve that. Stillness Meditation Therapy (SMT) is the authentic and unique meditation originated by Dr Ainslie Meares. It was Meares' theory that through profound mental rest the body's healing powers can be activated. The primary aim of this simple and effective life skill is that of reduced anxiety. When learned and practiced correctly, symptoms such as tension, worry, insomnia and depression are relieved. Further outcomes include less stress, pain management, health enhancement and increased wellbeing for body, mind and spirit.

*To begin the New Year in a calm frame of mind book your place early!*

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**Stillness Meditation Therapy Centre**

*experience \* expertise \* exceptional outcomes*

[www.stillnessmeditation.com.au](http://www.stillnessmeditation.com.au)

146 - 148 Harp Road, Kew, Victoria, Australia 03 0917 2933