

The Stillness Meditation Therapy Centre

presents

MAPPING THE INNER CHILDSCAPE



Exciting and innovative workshops of special interest to parents, teachers, counsellors and adults seeking change.

Conducted by Francine Cockerill, *artist, psychotherapist and SMT facilitator*, these workshops offer a truly special experience!

Participants will explore the 'inner child' through art expression, narrative and Stillness Meditation (SMT™). Drawing upon ancient aspirations with a calm mind, the process of art and story is a powerful tool to conceptualise thoughts and release energy – a wonderful way to discover the self and nourish personal growth.

WHERE: The Stillness Meditation Therapy Centre, 146-148 Harp Road Kew, Victoria

WHEN: Sunday 3rd July 2016 – 10.00 a.m. to 4.00 p.m.

COST: \$135.00 per session (concession rates will be considered)
All materials provided

REQUIREMENTS: Please BYO brain food snacks and lunch (or Café Ben is nearby)

RESERVATIONS: **CALL NOW TO RESERVE YOUR PLACE**

The Stillness Meditation Therapy Centre – (03) 9817 2933
(during office hours on Tuesday to Thursday)

or

Email: info@stillnessmeditation.com.au