



**SATURDAY 14 – SUNDAY 15 JANUARY 2017**

## **SMT SUMMER WEEKEND WORKSHOP**

### **Less stress – more ease of mind**

Join us for this summer SMT (Stillness Meditation Therapy) workshop and give your mind the rest it deserves. You will learn:

- How to cope with stress and break stressful patterns
- To enjoy better sleep
- To have more energy and vitality
- To find relief from stress and anxiety symptoms

### **LIMITED SPACES AVAILABLE**

Book by 6 December for the early bird price of \$425 pp; full fee of \$495 applies after this date



## **Holiday for your mind**

Ideal for anyone who would like to be free of stress and anxiety symptoms and a perfect opportunity for busy people or those living away from Melbourne

Stillness Meditation Therapy is a unique, natural life skill that can help change your life. More than mindfulness, it was developed by Melbourne psychiatrist Ainslie Meares MD, to calm the mind and restore equilibrium within the nervous system

Pauline McKinnon and Associates at the SMT Centre have over 30 years experience helping thousands of people transform their lives

## **Stillness Meditation Therapy Centre**

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