

**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 22<sup>nd</sup> January 2017 – 9.30 a.m. to 4.00 p.m.

**COST:** \$135.00 per person (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](mailto:info@stillnessmeditation.com.au)**