

IN STILLNESS CONQUER FEAR: Natural and Effective Anxiety Relief



The Anxiety Disorders Association of Victoria, Inc presents - A Half-Day Workshop with Pauline McKinnon

Participants at this presentation can firstly expect to learn from Pauline's personal experience of anxiety and the knowledge and know-how she has gained over many years.

As Pauline also listens to the stories of others, participants will gain information and understanding of the who, what, why, how and when surrounding anxiety in its many forms – and its symptoms and compelling limitations. Time will be valuably spent in providing a background to Stillness Meditation (SMT™) as a natural therapeutic intervention. Participants will gain understanding as to how and why this approach can bring effective healing. Participants will also experience an introduction to SMT with ample opportunity for questions and open discussion.

As always, Pauline's presentation will focus on sensitive understanding, encouragement and support – with a light-hearted touch to keep humour and happiness firmly on the wellness horizon.

About the presenter



Pauline McKinnon is internationally known for her signature book, *In Stillness Conquer Fear* (1983) – currently revised and released as a 30th anniversary edition! All those years ago Pauline's story brought anxiety to public awareness as a significant social problem and the book continues to offer hope and support today.

Pauline is a psychotherapist and the Founding Director of the Stillness Meditation Therapy Centre in Melbourne where she and her associates specialise in the pioneering work of the renowned psychiatrist, Dr Ainslie Meares.

Since 1990 Pauline's further books, recordings and presentations have contributed widely to the practice of meditation generally and led to meditation teaching in schools. Pauline also conducts an SMT Teacher Training Course, she assisted in the development of a meditation module with the Australian Catholic University, and has initiated the formation of MAA (The Meditation Association of Australia).

Meditation is rapidly gaining popularity as an effective life-skill. Pauline considers Meares' unique natural 'stillness' approach to be more advanced in its therapeutic value than meditation per se and a fundamental intervention for anxiety reduction, stress management and wellness across the life span.

**Copies of Paulines book can be purchased at the venue*

Date	Saturday 13th May 2017
Time	1 pm to 4 pm (12:45pm registration)
Location	Hawthorn Library 584 Glenferrie Road, Hawthorn
Cost	Standard Fee - \$50 ADAVIC Members - \$35
Bookings	Phone: ADAVIC (03) 9853 8089 Email: adavic@adavic.org.au Website: www.adavic.org.au



PAYMENT AND REGISTRATION FORM

Anxiety Disorders Association of Victoria, Inc.
ABN 70 607 186 815 | Ph: (03) 9853 8089

I would like to attend the workshop on **In Stillness Conquer Fear**, presented by **Pauline McKinnon** on **Saturday 13th May 2017**

PLEASE COMPLETE THE FOLLOWING DETAILS

Total No. of people attending: _____

Name / s: _____

Address: _____

Phone: _____ Email: _____

Would you like to receive free Enews & Email updates? Yes / No

How did you hear about this event? _____

PAYMENT (please tick)

\$50.00 Standard fee No. of people attending _____

\$35.00 ADAVIC Members No. of people attending _____

MONIES NON-REFUNDABLE – NO CREDITS AVAILABLE

Afternoon tea and snacks included

PLEASE FIND ENCLOSED MY

Cheque / Money Order (Made out to *Anxiety Disorders Association of Victoria*)

Credit Card Details

Name on Card: _____

Credit Card Type: Visa MasterCard

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Credit Card No:

CVV Number ___ ___ (last three digits on the back of your credit card)

Expiry Date: __ / __

Amount/s: \$.....

Signature:



- Cheques to be made out to *Anxiety Disorders Association of Victoria*.
- Please return this Payment Form via email to adavic@adavic.org.au
- Or post to: **ADAVIC**, P.O. Box 625, Kew. Vic. 3101
- Or fax to: (03) 9853 8021

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