



**SAT 5 – SUN 6 JANUARY 2019 9.30AM – 5.00PM**  
**SMT SUMMER WORKSHOP**

**Less stress – more ease of mind**

Join us this summer for our popular weekend 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 \$520pp**  
Full fee of \$590 applies after this date

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

*Comments from previous years' participants:*

- \* **Very well run, skillful and caring teacher**
- \* **Life changing**
- \* **Most worthwhile**
- \* **Stimulating and helpful**
- \* **Very informative**



stillness **meditation** therapy centre  
ANXIETY AND STRESS RELIEF - NATURALLY

**Holiday  
for your mind**

This workshop is 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 been helping thousands of people transform their lives through this unique

**Stillness Meditation  
Therapy Centre**

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Kew, Victoria, 3101

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