

~ Living Calm ~

SMT Weekend Workshop 25 - 26 October 2014

Feeling stressed? Always on edge? Fatigued & worried? Can't sleep?

This workshop is for you! Stillness Meditation Therapy (SMT®) can help you end the vicious cycle and change your life.

Discover how to live calmly, be at ease and restore wellness!

PROGRAM

Saturday 25 October

9.30am - 12.30pm Introductory presentation & experiential SMT session
(includes morning tea)

1.00pm - 5.00pm Individual consultation by appointment for each participant.

Sunday 26 October

10.00am - 5.00pm Interactive sessions, 2 experiential SMT sessions & debrief
(includes lunch, morning & afternoon tea)

Venue: Stillness Meditation Therapy Centre, 146 - 148 Harp Road, Kew

Cost: Early bird price until 30 September: \$475pp
After 30 September: \$550pp

**Bookings/
Enquiries** 03 9817 2933 or info@stillnessmeditation.com.au
Limited places available; early bookings advisable
Bookings will be confirmed on receipt of full payment

Stillness Meditation Therapy is the first known therapeutic meditation and was developed by pioneering Melbourne psychiatrist Ainslie Meares MD. With the advantage of medical expertise, Meares unlocked a specific biological function, originally described as atavistic regression, where the mind is brought to a natural state of stillness. The aim of SMT is to calm the mind and restore equilibrium within the nervous system. When correctly administered and practiced this effortless process offers a powerfully effective solution to stress, anxiety and pain. Far deeper than relaxation, SMT is not sectarian and is not related to any other style of meditation.

**Pauline McKinnon & associates at the Stillness Meditation Therapy Centre
have over 30 years experience teaching SMT in the authentic Meares' tradition
and helping thousands of people transform their lives**

Stillness Meditation Therapy Centre
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