



SAT 4 – SUN 5 JANUARY 2020 10.00AM - 5.00PM

CLEAR YOUR MIND – EASE YOUR LIFE SMT SUMMER WORKSHOP

Less stress – clear mind – calmer living

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

**BOOKINGS: <https://www.trybooking.com/BGBFP>
or call 03 9817 2933**

Book and pay by 5 December for the early bird price of \$535pp

Full fee of \$610 applies after this date

Morning/afternoon tea & lunch provided on both days

Comments from previous years' participants:

- * Very well run, skillful & caring teacher
- * Excellent! Clearly explained, empathic
- * Life changing
- * Most worthwhile
- * Stimulating and helpful
- * Very informative



stillness **meditation** therapy

CLEAR YOUR MIND EASE YOUR LIFE

This workshop is ideal for anyone who would like to be free of stress and anxiety symptoms and live a fuller and calmer life. Perfect 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 therapy for over 30 years

**Stillness Meditation
Therapy Centre**

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