A WORKSHOP TO INSPIRE:

with Janet Etty-Leal, Author, Speaker, Mindfulness Consultant and Teacher

Mindful meditation uses the abilities we all have. It is a way to develop self-knowledge; culminating in wiser, more compassionate, conscious choices.

This workshop provides a day to pause, reflect and discover ways to live with creativity and kindness.

It offers support for those who are using Janet’s program to share the gift of mindfulness with children, as well as people who wish to further develop their personal practice.

CONTENT:

• Connection to the body/mind with gratitude, appreciation and compassion
• Sequential meditation practices: Body scanning, breath, sense awareness, walking meditation, cognitive awareness, stillness

DETAILS:

SATURDAY 28 NOVEMBER 2015
8.45am Registration • 9am - 5pm Workshop
Kew Library • Phyllis Hore Room • Cnr Cotham Road & Civic Drive Kew VIC
(Melway Ref 45 D6)
*Morning & afternoon tea supplied, byo lunch.

BOOKINGS & FEES:

EARLY BIRD RATE $160 (PAID BY MONDAY 16 NOVEMBER) $190 THEREAFTER.
Bookings via website: www.meditationcapsules.com
*Fees are non-refundable & early booking is encouraged as places are limited.

“Light tomorrow with today” Elizabeth Barrett

FOR FURTHER INFORMATION
JANET ETTY-LEAL
PO Box 17 East Kew Victoria 3102 Australia
0408 531 618 • janet@meditationcapsules.com