



new
course

MORE THAN MEDITATION

New Date!! 25 February 2010

6 consecutive Thursday evenings 7pm-8.30pm

Augustine Centre - 2 Minona St, Hawthorn 3122

For details: <http://www.pathways2wellbeing.com.au>

Each year the numbers participating in our course grow. This tells me there is increasing interest for people to learn simple and effective ways to manage the stress of living and to enhance health.

Not only is this trend of embracing mind body techniques to enhance health becoming more popular in these difficult economic times, it can be a boon to your pocketbook because there is **no ongoing cost**.

Practising meditation regularly reduces stress and lowers blood pressure.

Living a calmer life allows you to live longer and more happily, you look younger than your years, and you are much more able to cope with life's inevitable setbacks and difficulties.

Review current research on health and longevity:

[Click here](#) to view **Benefits of meditation** (Meditation.Org)

<http://www.psychologytoday.com/articles>

Many approaches to meditation are offered in the
More Than Meditation Course.

In this course you will find support, guidance and opportunities to institute simple and effective daily practices, most of which take only 10-20 minutes.

There was some amazing feedback from our meditation course just completed:
[check it out](#)

Our next meditation course begins on **Feb 25 2010**

Early Bird registration by **Feb 12 2010**

I invite you to join us. [Click here for details.](#)

Facilitators: Bill & Kati Patterson

Convener: Dr Daniel Lewis [The Lewis Institute for Health & Well Being](#)