

A SIMPLE WAY TO LIVE A CALMER LIFE

FREE SEMINAR

## More Than Meditation

Saturday afternoon AUGUST 1<sup>st</sup> 2009, 2:00 – 4:00

Participants will learn of developments in mind/body healing with **rheumatologist, Dr Daniel Lewis** and clinical **hypnotherapist, Bill Patterson**

- Experience a meditative state
- Learn simple ways of calming the brain
- See a demonstration of biofeedback to deeply relax the body and the brain
- Be encouraged to deal with stress using simple yet powerful tools for the mind
- Enjoy the benefits of group meditation

'The mind is a superb instrument if used rightly. Used wrongly, however, it becomes very destructive. To put it more accurately ... you usually don't use it at all. It uses you.' **Eckhart Tolle**

### Details:

**Venue:** Augustine Centre 2 Minona St, Hawthorn

**Time:** August 1<sup>st</sup> 2009 2.00pm sharp to 4.00pm  
*Please plan to arrive at 1.45*

**RSVP** return email: [Bill Patterson](mailto:Bill.Patterson@augustinecentre.com.au)

**Entry** Free