

An invitation to join our next meditation course

new
course

MORE THAN MEDITATION

New Date!! 5th AUGUST 2010

6 consecutive Thursday evenings 7pm-8.30pm

Augustine Centre - 2 Minona St, Hawthorn 3122

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

Learn to focus the mind and you can

- ✚ **Reduce stress and anxiety**
- ✚ **Slow brain ageing and improve mental acuity**
- ✚ **Improve relationship with self and others**
- ✚ **Manage physical and emotional pain with confidence**

[Matthieu Ricard](#) "Meditation is not about emptying the mind, it is learning how to focus it"

This is the essence of the **More than Meditation Course**, designed and refined now over several years, to assist others who wish to make meditation practice a part of their lives and would like to develop a competency in learning to focus the mind.

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.

Our next meditation course begins on **Aug 5 2010**

Early Bird registration by **July 16 2010**

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

Facilitators: Bill & Kati Patterson
Convener: Dr Daniel Lewis
[The Lewis Institute for
Health and Wellbeing](#)

