

new
course

MORE THAN MEDITATION

THURSDAYS – from March 3, 2011
6 Thursday evenings 7pm-8.30pm
March 3, 10, 24, 31 and April 7, 14

Augustine Centre - 2 Minona St, Hawthorn 3122
For details: <http://www.pathways2wellbeing.com.au>

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

This quote from a world renowned master of meditation talks of learning to *focus the mind*.

5 Key strengths from this training:

- ✚ Build mental strength and de clutter the mind
- ✚ Reduce stress and anxiety
- ✚ Slow brain ageing and build new capabilities
- ✚ Improve relationship with self and others
- ✚ Manage physical and emotional pain with confidence

As one learns to focus the mind many benefits become apparent: **mind clarity**, **improved memory**, **less anxiety** and an ability to **deal with stress** in a calmer and more peaceful way. The physical body benefits from lower blood pressure, stronger immune system and in general more self organised in both mind and body.

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 **Thursday March 3rd, 2011**
Early Bird registration by **Friday Feb 19th, 2011**
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](#)