

# More than Meditation

## AFTERNOON SEMINAR

Interested in discovering an antidote to stress?  
Interested in exploring a simple way to live a calmer life?

Then you are invited to attend a specially designed one-off afternoon seminar not to be missed.

Presented by **Dr Daniel Lewis** and **Bill Patterson**, who together have over 40 years of experience in teaching stress control and meditation as a pathway to health and wellbeing.

- **Learn** about new evidence-based developments in the science of calming the brain
- **Experience** a deep meditative state
- **See** a demonstration of biofeedback to deeply relax the body and the brain
- **Enjoy the feeling** of being calm
- **Be inspired!**

*'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:	Augustine Centre 2 Minona St, Hawthorn
Time:	Saturday, August 1st 2009 2.00pm to 4.00pm <i>Please plan to arrive at 1.45</i>
RSVP	by email reply to reserve your place
Cost	Free

*"When the body is still, the mind too can become still."*

We look forward to seeing you. Please feel free to bring friends or relatives.