

Course List 2010

MBCT & Advanced			
AD1005MB8	MBCT 8 Week 12 May – 30 June	Liana Taylor 5.30pm – 8pm NADA, 1 Mary St Hindmarsh	\$790/\$590, \$750 early bird \$890 /\$690 value pack with PP, \$850 early bird
SY1006MB3 AD1006MB3 ME1006MB3	MBCT 3 Day 3 – 5 June 17 – 19 June 25 – 27 June	Liana Taylor 9am – 4.30pm Mary MacKillop Place, 7 Mount St North Sydney NADA, 1 Mary St Hindmarsh Sth Melb Town Hall, 210 Bank St, South Melbourne	\$790/\$590, \$750 early bird 890 /\$690 value pack with PP, \$850 early bird
SY1006PRP AD1006PRP ME1006PRP	Professional Practice ½ day 5 June 19 June 27 June	Liana Taylor 5pm – 8pm Mary MacKillop Place, 7 Mount St North Sydney NADA, 1 Mary St Hindmarsh South Melbourne Town Hall, 210 Bank St, South Melbourne	\$130 \$890/\$690 value pack with 3D or 8W, \$850 early bird
SC10054MA	Four Mindfulness Approaches 21, 24, 25 May	Liana Taylor 9am – 4.30pm Caloundra Power Boat Club, Woorim Park The Esplanade, Golden Beach	\$790 \$750 early bird
AD1008CHM FR1009CHM BR1010CHM SY1011CHM ME1011CHM	Cultivating the Heart-mind 26 – 27 Aug 16 – 17 September 21 – 22 Oct 4 – 5 Nov 11 – 12 Nov	Malcolm Huxter & Patrick Kearney 9am – 4.30pm NADA, 1 Mary St Hindmarsh A Place Just to Be, 4A Preston Point Rd, East Fremantle Mercy Place, 371 Simpsons Rd, Bardon, Brisbane Crows Nest Community Centre, 2 Ernest St, Crows Nest Sydney South Melbourne Town Hall, 210 Bank St, South Melbourne	\$495 \$550 package with meditation
AD1011ACA	Advanced Clinical Applications 14 Nov	Michael Anderson 9am – 4.30pm NADA, 1 Mary St Hindmarsh	\$245
Courses for Parents			
AD1001MPE AD1005MPE	Intro Mindful Parenting 3 hrs 30 Jan 8 May	Fiona Glover 9am – 12pm Sophia Centre, 225 Cross Road Cumberland Park NADA, 1 Mary St Hindmarsh	\$60 /\$45 \$535 /\$485 package with MBPP
AD1002MBP	Mindfulness-Based Parenting Program (MBPP) 8 week 5 Feb – 19 March	Fiona Glover Sophia Centre, 225 Cross Road Cumberland Park, 7pm – 9pm	\$490 /\$455 \$535 /\$485 package with Intro
Parent/Child Educators			
AD1001MPP AD1005MPP	Intro Mindful Parenting 5 hrs (Prof) 30 Jan 8 May	Fiona Glover 9am – 2.30pm incl light lunch Sophia Centre, 225 Cross Road Cumberland Park NADA, 1 Mary St Hindmarsh	\$90 \$565 package with MBPP

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AD1005MAF ME1010MAF AD1011MAF	Mindful Approaches Families & Children 3 day (MAFC) 27 – 29 May 7 – 9 Oct 20 – 22 Nov	Fiona Glover 9am – 4.30pm NADA, 1 Mary St Hindmarsh South Melbourne Town Hall, 210 Bank St, South Melbourne Belair Park Country Club, Upper Sturt Road, Adelaide	\$790 \$750 early bird
ME1006MAP SY1009MAP FR1011MAP	Mindful Awareness Parenting (MAP) 5 day 7 – 11 June 6 – 10 September 22 – 26 Nov	Rebecca Coleman 9am – 5pm incl lunch House, Union Rd, Uni of Melbourne, Parkville Crows Nest Community Centre, 2 Ernest St, Crows Nest Sydney A Place Just to Be, 4A Preston Point Rd, East Fremantle	\$3,300
Courses for All			
SC10054MA	Four Mindfulness Approaches 21, 24, 25 May	Liana Taylor 9am – 4.30pm Caloundra Power Boat Club, Woorim Park The Esplanade, Golden Beach	\$790 \$750 early bird
SC1005MRL AD1010MRL	Mindful Relationships 22 May 16 Oct	Liana Taylor 9am – 4pm Caloundra Power Boat Club, Woorim Park The Esplanade, Golden Beach NADA, 1 Mary St Hindmarsh	\$220
AD1008MED FR1009MED BR1010MED SY1011MED ME1011MED	1 day Silent Meditation 28 Aug 18 September 23 Oct 6 Nov 13 Nov	Patrick Kearney & Malcolm Huxter 9am – 4.30pm NADA, 1 Mary St Hindmarsh A Place Just to Be, 4A Preston Point Rd, East Fremantle Mercy Place, 371 Simpsons Rd, Bardon, Brisbane Crows Nest Community Centre, 2 Ernest St, Crows Nest Sydney South Melbourne Town Hall, 210 Bank St, South Melbourne	\$60 + dana, \$550 + dana package with Cultivating Heart-mind
AD1008TSO	Transform Stress & Overwhelm 3 Aug – 21 Sept	Liana Taylor 5.30pm – 8.15pm NADA, 1 Mary St Hindmarsh	\$790 /\$590 \$750 early bird