



Information sheet

Cultivating the Heart-mind with Mindfulness

Venue:

We will send venue/parking information to you during the week leading up to the course.

Pre-reading:

For clinicians seeking APS Professional Development points there are pre reading and meditation practice and post workshop evaluations to be completed. These will be sent soon after registration.

Tea breaks

Tea/coffee is provided on arrival, and at morning and afternoon breaks.

Lunch Breaks

You can bring your own lunch to eat at the venue, otherwise there is a range of nearby food outlets you can access. We have an hour for lunch.

What to bring

Dress in loose layers of comfortable, casual clothing allowing for warmth as required. Bring a pen to take notes with.

Format of the day:

The focus throughout is on integrating the learning through the presentation of information, exercises, group discussion, and meditations.

Attendance:

If you are late, for whatever reason, please just come on in and join in.

And after the Course

Mindfulness Centre runs a range of courses for the general public and for Professionals in the health care field. We highly recommend that you attend the silent day of meditation following the Cultivating the Heart-mind workshop (register on our website), which follows the format of a day in a silent meditation retreat. Please visit our website for more information on our other courses ranging from ½ day, to 8 week, to 3 day intensives and retreats. Please check our calendar for regular updates and locations across Australia.

Please feel free to contact us at mind@mindfulnesscentre.com if there are any other questions you would like answered before the workshop starts.

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