

"BEGINNING NOW"

A 4-WEEK INTRODUCTORY MEDITATION COURSE

**WITH KATH MITCHELL, MARK SCHRADER
AND CHANI GRIEVE**

INTENTION. PURPOSE. STABILITY. KINDNESS.

In a chaotic and challenging world it seems essential to develop a steady anchor, a guiding light, for our lives. Coming to know our own body, breath and mind can offer us this clarity and stability.

This course will teach and practice the focused meditation on breathing, one of the most effective meditative practices that has been taught and practiced continuously since the time of the Buddha. It is designed to lead people skilfully from wherever they are now to the full potential for healing and freedom made possible through meditation. It is universal in scope, and suitable for anyone to learn.

The course will be experiential and lively. It will offer clear meditation instruction along with helpful context for understanding the benefits and challenges of practice. There will be plenty of time for questions, sharing our experience, troubleshooting our difficulties and celebrating our discoveries.

Begin, or deepen, your meditation practice in this supportive community environment, as we strengthen our capacity, widen our perspective, and cultivate friendliness towards every aspect of our rich and complex lives.

Four Wednesday evenings
Jan 31st, Feb 7th, 14th, 21st
7pm - 8:30pm
Fairfield House, Nelson
Cost : \$60 registration covers room hire and resources
Plus Dana* for the facilitators -
an offering from the heart according to your means
If finances are a barrier, please get in touch to explore possibilities for attending.

Mark, Kath and Chani have been offering this course together for nearly 10 years. All 3 are highly experienced and committed practitioners who bring their creativity, skills, humour and care to the course.



To enquire or register please contact Kath :
mitchell.kath@gmail.com