

One-day Mindfulness Retreat

When: Saturday 20 November
Where: WorldviewCentre, 42 Brooks Rd (off Maleny-Montville Rd), Balmoral Ridge, Maleny.

What time: Please arrive at 8:30 am for a 9:00 am start, to finish between 4 and 5 pm.

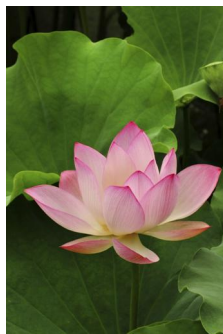
Cost: \$45, includes morning and afternoon tea (please contact me if this is a problem)

What to bring: **Your own lunch.** Waterbottle, hat, sunnies (we will be doing some walking meditation outside). Yoga mat (not essential), cushion. Please wear comfortable, loose clothing (we will be doing some mindful yoga)



What to expect: This is a lovely opportunity to deepen your meditation practice (or to get back into it if you haven't practiced for a while).

The venue has a very nice, spacious and comfortable meditation hall and provides a very beautiful, peaceful environment with sweeping views over the coast towards the ocean and is very conducive for meditation practice. We're fortunate to be able to use the venue for the day on a weekend.



We will be **practicing different techniques**, most of which you will already be familiar with (mindfulness of breathing, bodyscan, walking meditation, open or choiceless awareness, mindful yoga), with some breaks in between.

Most of the day we will be in '**noble silence**': no talking and no eye-contact. This minimizes distractions and gives you the opportunity to completely focus on yourself.

We will end the day with a round of **feedback/group reflection** on everyone's experiences of the day. And afterwards there will be the opportunity to 'hang out' or go for a bit of a **walk** on this beautiful property.

Further info and bookings:

Please contact me by email: astrid@freeyourmind.net.au

Or phone: 5492 7667, mobile 0424 394 259