

Mindfulness Meditation Course

July 2018



This course offers a wonderful opportunity to retreat from the stresses of everyday life to rejuvenate the body and mind through learning and practicing the principles and techniques of mindfulness meditation, so as to live with a greater sense of ease, inner peace and calm.

The course is suitable for beginners and the more advanced and will include meditation and discussion. Topics to be covered:

- What mindfulness meditation is
- Mindfulness meditation practices to promote positive emotions and sense of wellbeing
- Mindfulness practices to work with negative emotions such as anxiety, stress and depression
- Recent research into mindfulness and associated benefits
- Meditation techniques for everyday life

Start Date: Wednesdays beginning July 25th at 10.30 – 11.15 am

Cost : \$66.00. *Get a 10% discount if booked before 10th July.*

For all enquiries and bookings contact either:

Central Ringwood Community Centre, Phone / Fax (03) 9870 2602 or -

Virginia Golding Ph: 0423 299 778, email golding.virginia@gmail.com or via the website www.viriniagolding.com

About the Facilitator - Virginia Golding, BA (Psych, Phil), Post Grad.FT, MSW, is a psychotherapist, consultant and educator. Virginia has studied Tibetan Buddhist philosophy and meditation for many years and has run numerous courses, workshops and retreats. Virginia works at both East Ringwood Medical Centre and Eluvi Health in Healesville and regularly teaches with E-vam Institute.