

Living the Mindful Way

cultivating the practice of being more fully with mind, body & heart

for people in all walks and stages of life

Mindfulness is not something you have to get or acquire. It is a rich resource of aliveness already within you, waiting for your attention, as you further your learning, enrich your work in this world, and connect with the wisdom of wholeness.

People who will benefit from this often hold some of the following questions:

- *How can I slow down when all around me is speeding up?*
- *What wisdom am I missing as I "think" my way through big issues?*
- *How can I shift my habitual patterns and open up towards a more satisfying life?*
- *What if I let go ...what might come to me?*



"only that day dawns to which we are awake"
Henry Thoreau, Walden.

Your hosts are Marijke Batenburg and Lisa Markwick. We are psychologists with mindfulness at the core of our life & work. Marijke is a practicing clinical psychologist & Lisa is an experienced leadership psychologist, coach & innovation facilitator. This is not a therapy group. You are welcome whatever your history, but this is not suitable if you are in the grips of depression or major anxiety.

See www.mindfuladventures.co.nz and www.mindfulpsychology.co.nz for details or call Marijke on 09 630 9297, or Lisa on 021 313323.

What to expect

The programme consists of 6 weekly 2.5 hour sessions – **6.15pm to 8.45pm Tuesdays from July 10th**, and one full day retreat (on a weekend) between weeks 5 and 6.

With only about 12-15 people in the group it is highly participatory, experiential and supportive. The group will provide you with -

- Guided instruction in mindfulness meditation
- Gentle mindful stretching
- Group dialogue and guidance in conscious conversation to enhance awareness and discernment
- Daily home practices and journaling (about 30-40 min per day)
- Home practice materials including readings and mindfulness meditation MP3s

You will be asked to commit to fully participate and to attend all sessions with a spirit of patience and perseverance.

The fee is \$600 +GST

There maybe a brief interview on application to confirm your place

This is ancient wisdom for skilfully navigating today's world