

Cultivating the Heart-Mind with Serenity and Insight

10 day (9 nights) silent meditation retreat.
Training and practise in mindfulness, focussed
attention and four heart qualities.

Meditation Teacher: Malcolm Huxter
Yoga Teacher: Lisa Brown

Friday Aug 30 till Sunday Sept 8, 2019
6 night option 30/8 till 5/9
3 night option 31/8 till 2/9
Mt Carmel Retreat Centre
Varroville NSW, Sydney Outskirts

Aims of retreat

- To practise mindfulness and focussed attention for the cultivation of insight, stillness and serenity.
- To harmonise and heal relationships with one's self and others by cultivating loving kindness, compassion, appreciative joy and equanimity.
- To begin to find freedom from psychological suffering and cultivate wellbeing.
- To enhance the skills and understanding of meditation for professional applications (e.g. therapists, programme leaders, coaches, managers and more).

For registration and information go to:

<https://www.malhuxter.com/cultivating-the-heart-mind-with-serenity-and-insight-10-day-silent-retreat-sept-2019-sydney/>

or

contact malhuxter@gmail.com 0431768299

or amydempseypsychologist@gmail.com 0401044232

(Please note Malcolm will be unavailable from mid May till
late June 2019)

