

Cultivating the Heart with Serenity and Insight

Training and practice in mindfulness,
focussed attention and four heart
qualities.

Meditation Teacher: Malcolm Huxter

Yoga Teacher: Lisa Brown

31st August - 7th September 2018

3 day option 31/8 till Mon 3/9

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/silent-teacher-led-retreat-august-31st-september-7th-2018-sydney/>

or contact Karen Plumbe

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