

Cultivating the heart. A course of workshops training in mindfulness, kindness, compassion, joy and peace



Over 8 Saturdays in February, March, April and May 2017 in Byron Bay, NSW

Facilitated by Malcolm Huxter Clinical Psychologist
(for info about Mal see www.malhuxter.com/wordpress/)

Workshop 1: Healing the Heart and Mind with Mindfulness
(two Saturdays-4/2/17 and 11/2/17)

Workshop 2: Mindful-Compassion: Ancient path, current therapies
(one Saturday-4/3/17)

Workshop 3: Balancing Emotions and Cultivating the Heart
(four Saturdays-11/3/17, 1/4/17, 8/4/17 & 6/5/17)

Workshop 4: Cultivating the Heart of Joy and Appreciation
(one Saturday-13/5/17)

Train in the basics of insight and serenity meditation. Balance and transform painful emotions and psychological imbalances by cultivating mindfulness, loving-kindness, compassion, joy and peace. Suitable for both personal and professional development

Early bird costs for bookings:

Whole series of workshops = \$640 (before 16/1/17), Workshop 1 only = \$220 (before 16/1/17)
Workshop 2 only = \$110 (before 16/2/17), Workshop 3 only = \$420 (before 24/2/17), Workshop 4 only = \$110 (before 22/4/17). More than one workshop but not the whole series = \$100 per day.

For more detailed information and registration forms contact Mal Huxter
malhuxter@gmail.com

May you be well and happy ☺