

# Mindfulness and the Four Heart Qualities

## A Silent Meditation Retreat

6<sup>th</sup>-11<sup>th</sup> APRIL 2018 at LOKANANDA RETREAT CENTRE

9 Main Street Point Pass, SA 5374

[www.lokananda.com.au](http://www.lokananda.com.au) 08 85811758



In mindfulness and stillness we can cultivate the heart qualities of loving kindness, compassion, appreciative joy and equanimity. These mutually supportive states enable us to transform psychological and interpersonal suffering. A growing body of scientific evidence supports the health and relationship benefits of training in mindfulness, compassion and loving kindness. This silent retreat will focus on the wisdom and compassion teachings of Buddhism and also refer to contemporary mindful compassion approaches such as Compassion Focused Therapy (CFT), Cultivating Emotional Balance (CEB), Mindful Self Compassion (MSC), Positive Neuroplasticity Training (PNT) and MBSR (mindfulness based stress reduction). It will involve talks, guidance, workshop style training, silent meditation practice and optional yoga. Anyone with some experience in meditation is welcome.

### Fee: \$450 + Dana (3 nights) & \$650 + Dana (5 nights)

The fee for the retreat includes the following: food /accommodation/ and contributes to the teachers' accommodation and travel costs. In accordance with Buddhist traditions the teachings are given freely. The fee for the teaching is dana based. Dana refers to the economy of generosity where those who receive the teaching have the opportunity to reciprocate with a financial gift that they feel is suitable, after the retreat has finished.



**Meditation teacher Mal Huxter** (MAPS, AABCAP) is a meditation teacher and clinical psychologist in private practice. He is the author of "Healing the Heart and Mind with Mindfulness" Routledge 2016. A practicing psychologist for 26 years, he has been teaching mindfulness and the four heart qualities since 1991. This has included teaching the general public, people of different cultures, clinical populations, therapists and other professionals. He began training in Buddhist meditation practices in 1975, living in Thailand as a Buddhist monk for two years in the late 1970's. [www.malhuxter.com](http://www.malhuxter.com)



**Yoga Teacher Monique Leverington** is a Yoga and a Pilates Instructor. She is the studio owner of Synergy Yoga and Pilates, which has been operating in Adelaide for over 5 years. Monique has also recently completed MBSR training (Mindfulness Based Stress Reduction) MBSR TTR1 – an International qualification that is recognised worldwide. During this 3-5 day retreat Monique will focus on mindful movement and restorative poses, Yin and Therapeutic Yoga.

[www.synergyyogapilates.com.au](http://www.synergyyogapilates.com.au)

For general information or registration forms please email Monique on

[synergyyogapilates@gmail.com](mailto:synergyyogapilates@gmail.com)

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