

The Mindful Way...cultivating the practice of being more fully with mind, body & heart

for professionals in all walks 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?*
- *I keep reading about the value of being mindful....but how can I experience the practice?*
- *What if I let go ...what might come to me?*



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 facilitator & coach.

See www.mindfuladventures.co.nz and www.mindfulpsychology.co.nz for details and to register.

What to expect

The programme consists of 8 weekly 2 hour sessions in the early evening, and one full day retreat (on a weekend) between weeks 6 and 7. The course is offered in the winter (beginning June 9th) and the spring of 2010. With only about 12 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 mins per day)
- Home practice materials including readings and mindfulness meditation CDs

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

This is ancient wisdom for skilfully navigating today's world