

Breath Water Sound.....



**Date: Friday 30th April,
7.30 pm—9.00 pm
Saturday 1st May,
10.30 am—12.00 pm
Sunday 2nd May,
10.30 am—12.00 pm**

Venue: The Compassionate Friends Vic

How can meditation help?

Incidents such as trauma and the loss of loved ones that we have encountered in our lives creates stress and disharmony in the mind, body and spirit. Through this course, simple techniques are used to remove stress and create harmony to address the negative repercussions of bereavement at the root level. This workshop teaches simple techniques to relieve stress and improve clarity of thought. It includes breathing exercises to help alleviate physical and emotional stress, simple meditation techniques, information on healthy diet and lifestyle and activities to promote a sense of belonging

What is the art of living?

The Art of Living Foundation offers unique programs that eliminate stress and help individuals develop their highest potential. The Foundation is the largest volunteer based non-governmental organisation in the world and provides programs on yoga, meditation and stress elimination which have benefited more than 20 million people. We are very fortunate to have been offered this unique and beneficial technique.

Potential benefits

Participants in the Breath Water Sound workshop have reported greater ease in relationships, sustained emotional balance, increased mental clarity and greater joy and peace in life.

Breath Water Sound Workshop Registration Form - Please return to TCF by April, 16, 2010

Phone: 03 9888 4944
Fax: 03 9888 4900
Email: fionah@compassionatefriendsvictoria.org.au
Website: www.compassionatefriendsvictoria.org.au

Name.....

Address.....

.....

Telephone:.....Mobile.....

The Compassionate Friends Victoria Inc
173 Canterbury Rd
PO Box 171
Canterbury 3126