**MINDFULNESS WEEKEND 5th & 6th November** 

*Cultivating Ease in Meditation and in Life*

with Mary McIntyre

Mindfulness is a few things: an attitude, a practice and an outcome. In a nutshell it is *present moment awareness with acceptance*. This is simple - but not easy! This immersive workshop hopes to rejuvenate your mindfulness meditation practice and introduce you to ways of practicing that are empowering, user-friendly and accessible. There will be lots of time for experimenting with various practices, and in reflection about the learning so as to integrate your discoveries and learnings.

Together we’ll explore 

* Meditation in stillness and moving , stretching and walking
* Renewing your meditation practice in light of your own needs
* How to be aware of the inner and outer world: body, senses, thoughts, feelings and emotions
* The power of silence
* Cultivating calm and insight, compassion and equanimity
* Journaling as part of reflection and integration

Mary’s practice began in the Plum Village tradition and later explored the Insight (Vipassana) tradition. She spent much of her adult life in France before living several years in Sri Lanka and later settling in Australia in 2004. Mary is passionate about human change, post-traumatic growth and healing through therapy, contemplation, arts and community. She is Brisbane-based working in private practice as a counsellor/psychotherapist and has a particular interest in somatic psychotherapy and internal family systems parts work.

Mary co-leads silent week-long retreats with Timothea Goddard and teaches the 8 week MBSR course. She is a staff member of Mindfulness Training Institute Australia and New Zealand – a not-for-profit which offers in depth secular teacher training to professionals.

**This workshop is for both new and experienced meditators.**

