

# Mindfulness and Compassion

*We need Both*

With Maggie Clark

In our fast paced world, with its ever increasing pressures, it's easy to become caught-up and disconnected from ourselves, our body and our heart. Combining modern psychology with ancient Buddhist wisdom, we will explore the four foundations of mindfulness and the, heart based, brahmaviharas.

This gathering is suitable for both beginners and those with previous experience. Immerse yourself in a weekend of coming back home to your body and your heart. There will be plenty of time to meditate and find peace. We will explore the Buddhist texts and bring it back to how we can make them alive in our everyday life. We can share each other's wisdom, together.

## About the teacher

Maggie is a counsellor, psychotherapist and Buddhist meditation teacher living in Pottsville on the Far North Coast of New South Wales. She has been teaching Buddhism for over 16 years. Her personal practice is to understand the body mind connection, the felt sense of vedana, and promote the healing power of love that is innate to our human existence.



## Dates and details

**When** : Saturday 12th October 9am—5pm  
Sunday 13th October 9am—4pm

**Where** : Ananda Buddhist Centre corner Alexandra St & Munro St, Kawana, Rockhampton, QLD 4701

**Fees** : \$60 is required to cover the basic costs for the weekend. Which includes vegetarian lunch, plus tea and coffee breaks. If the fee is a problem, please contact us, as we would like everybody to have access to the dharma.

The teachings are given as a gift to the community. Dana (which is a reciprocal gift to the teacher) is very welcome if you wish to share in generosity.

**What to bring:** Please bring cushions and anything that you need to make yourself comfortable while you meditate.

**Information and booking** : Please contact Sama on 0478630888, Ravi on 0410 229 579 or email [rockhamptoninsightmeditation@gmail.com](mailto:rockhamptoninsightmeditation@gmail.com) for more information