Cultivating the Heart-Mind with Serenity and Insight

10 day (9 nights) silent meditation retreat. Training and practise in mindfulness, focussed attention and four heart qualities.

Meditation Teacher: Malcolm Huxter
Yoga Teacher: Lisa Brown

Friday Aug 30 till Sunday Sept 8, 2019
6 night option 30/8 till 5/9
3 night option 31/8 till 2/9
Mt Carmel Retreat Centre
Varroville NSW, Sydney Outskirts

Aims of retreat
• To practise mindfulness and focussed attention for the cultivation of insight, stillness and serenity.
• To harmonise and heal relationships with one’s self and others by cultivating loving kindness, compassion, appreciative joy and equanimity.
• To begin to find freedom from psychological suffering and cultivate wellbeing.
• To enhance the skills and understanding of meditation for professional applications (e.g. therapists, programme leaders, coaches, managers and more).

For registration and information go to:
or
contact malhuxter@gmail.com  0431768299
or amydempseypsychologist@gmail.com 0401044232
(Please note Malcolm will be unavailable from mid May till late June 2019)