

Mindfulness Nature Retreat

with Anja Tanhane

29 June - 1 July 2012

This is an invitation to take time out to relax, rejuvenate, & learn new ways of becoming more present to our lives. Through guided meditations, daily Tai Chi, journaling & nature walks, as well as free time for reflection & rest, you will have opportunities to learn meditation for the first time, or deepen your current practice. Group discussions will explore core principles of mindfulness, & why it is a valuable tool for dealing with stress. You will learn simple ways of incorporating mindfulness into daily life, & leave with resources to support your ongoing practice. Neuroscience has shown mindfulness to be a skill which can enhance our health & wellbeing. It helps us to connect better – with ourselves, with other people, with nature. A weekend retreat in a beautiful bushland setting is the ideal way to explore the role this ancient practice can have in our modern-day lives.

When: 7pm Fri until 3pm Sun

Cost: \$345 or \$385

Price includes program, accom & food, & varies with level of accommodation

Enquiries

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Anja Tanhane is a registered music therapist, qualified Mindfulness Based Stress Reduction teacher, and Tai Chi instructor. She has also completed the Professional Training in Buddhism and Psychotherapy course (2 years post-graduate) through the Australian Association of Buddhist Counsellors and Psychotherapists. A meditation and Tai Chi practitioner for over twenty years, she regularly teaches the Mindfulness Based Stress Reduction course at the Livingstone Community Centre, and facilitates weekend mindfulness retreats throughout the year. She has provided workplace training in mindfulness and self care to a wide range of community health and service providers, hospitals, and social workers. She has also offered rejuvenation days - incorporating mindfulness and self care - for community leaders and volunteers in bushfire-affected areas.

The retreat will take place at Clearview Retreat, 90 mins north of Melbourne in the King Parrot Valley, on 87 acres of bush with eucalypts, granite rocks, a tea tree forest and immense views. Wonderful vegetarian food is included.

The retreat is limited to small numbers of people, so book early.

www.clearviewretreat.org.au