

Mindfulness Nature Retreat

with Anja Tanhane

18-20 March 2016 (2-day retreat)

10-13 June 2016 (3 -day Queen's B'day long wknd)

2-4 September 2016 (2-day)

18-20 November 2016 (2-day)

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:

2-day retreat:: 7pm Fri - 3pm Sun

3-day retreat: 7pm Fri - 3pm Mon

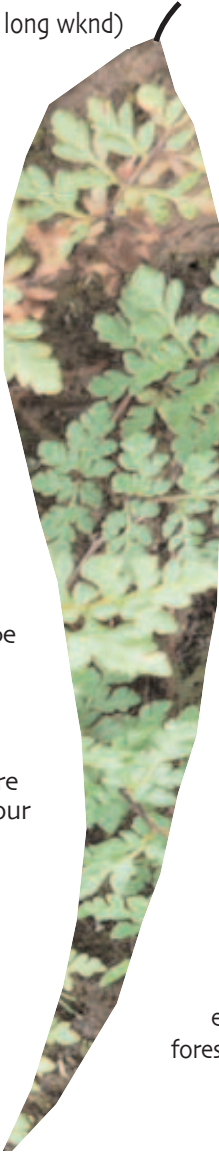
Cost:

2-day retreat: \$375 or \$415

3-day retreat: \$560 or \$620

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

Enquiries: Jocelyn Bennett, ph 5797 0229
email: diversity@diversity.org.au



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 & 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 week-end 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 & self care - for community leaders and volunteers in bushfire-affected areas.

The retreats 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