

A Day of Mindfulness in Clunes



- * **Experience mindfulness meditation, Chi Kung and walking meditation**
- * **Learn how to use mindfulness in everyday life**
- * **Explore the rich traditions which have nourished mindfulness**
- * **Gain resources and tips for ongoing practice**

Date: Sunday, 29th July, 10 am – 4 pm

Venue: Mulberry Manse, Clunes, Victoria

Cost: \$140 (\$120 concession)

To book: <https://www.eventbrite.com.au/e/a-day-of-mindfulness-in-clunes-tickets-46509840184>

For more information, please contact Anja on 0439 389 554



About the facilitator:

Anja Tanhane is a qualified Mindfulness Based Stress Reduction (MBSR) teacher, Tai Chi instructor, and registered music therapist. A meditation and Tai Chi practitioner for over thirty years, she has provided workplace training in mindfulness and self-care to a wide range of organisations, runs regular meditation courses and mindfulness retreats, and lectures at the University and Melbourne in music and mindfulness. She has written on mindfulness for national magazines, and has presented at local and international forums and conferences. You can find out more at www.mindfulnessmeditation.net.au.