

# Mindfulness Retreat Day

**A wonderful opportunity to cultivate and deepen mindfulness practice in a beautiful setting.**

*“Mindfulness is about being fully awake in our lives. It is about perceiving the exquisite vividness of each moment. We also gain immediate access to our own powerful inner resources for insight, transformation, and healing.”*



**Take time out to pause and replenish  
Guided Meditations, Tai Chi, Yoga and Kum Nye  
Part the day will be in silence**

**Venue:** The Michael Centre, 37A Wellington Park Dr, Warranwood

**Date :** Sunday, December 2<sup>nd</sup>

**Time:** 9.30 AM – 4.30 PM, arrive 9.15 AM

**Cost:** \$140, \$125 concession, morning tea provided

## **Facilitators:**

**Michelle Morris** is a counsellor/psychotherapist with a MA in Transpersonal Psychology and diploma in Family Therapy. She has trained as a teacher of Mindfulness Based Stress Reduction, and Unified Mindfulness System. She offers meditation one-on-one and to groups.

**Anja Tanhane** is a Tai Chi instructor, qualified Mindfulness Based Stress Reduction teacher, and a registered music therapist. She regularly offers mindfulness nature retreats and workplace training, and teaches mindfulness courses in a range of settings.

## **Bookings at**

<https://www.eventbrite.com/e/a-day-of-mindfulness-tickets-50203466921>

Enquiries contact Michelle on **9499 1585**, e-mail [michma@tpg.com.au](mailto:michma@tpg.com.au)

**[www.mindfulnessmeditation.net.au](http://www.mindfulnessmeditation.net.au)**