



Cultivating MINDFUL – COMPASSION and RESILIENCE

with **Malcolm Huxter and Lisa Brown**

30th November and 1st December 2019
(9.30 am to 4.30 pm both days)

This workshop is specifically for professionals with busy and demanding personal and work lives who aspire to: cultivate mental and emotional balance and excellence, heal and harmonize relationships with ourselves and others, prevent burnout and flourish with appreciative joy and wellbeing.

Program includes presentations, interactive discussion, movement, experiential exercises, guidance and practice as well as strategies for every day application in:

- mindfulness and serenity meditation,
- equanimity (centred, balanced resilience) and
- relationship qualities of warm friendliness , appreciation and compassion.

Price : \$290 for both days and \$170 for either day only and includes lunches and refreshments (optional yoga session with Lisa each day at no extra cost from 7.45 am – 9 am)

Malcolm is a meditation teacher and clinical psychologist in private practice and for more info about him see : www.malhuxter.com

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Lisa is a psychologist, yoga teacher and Mindfulness Based Stress Reduction facilitator and for more info about her see :

<http://mindfulnesspsychologywellbeing.com>

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**46 Melaleuca Dr
Byron Bay**

For booking and info see : www.byronbaymeditationcentre.com.au or contact Greg on 0431747764