

# *Meditation & Imagery*



An invitation to be informed and inspired by

**IAN GAWLER** OAM

BVSC, MCOUNSHS

The workshop will be a balance of theory and practice, ideal for beginners and those seeking to deepen their understanding and experience of meditation. Ian will teach on Mindfulness-Based Stillness Meditation and using imagery for healing and wellbeing. The meditation teachings are intended for those who want to use meditation therapeutically as well as those interested in self-development and the spiritual path. Ian is one of Australia's most inspiring speakers with a talent for bringing clarity and humour to some of life's most difficult problems and joyful opportunities. This is also a unique opportunity to learn from an expert about using meditation to manage stress. Valuable for health practitioners and those helping people with illness.

At a day workshop in

————— **NOOSA** —————

*FOR ALL THOSE INTERESTED IN THE POWER WITHIN*

- DATE:** **TUESDAY APRIL 6<sup>TH</sup>** *Registration 9.30am for 10am - 4pm*
- VENUE:** **THE J - 60 Noosa Dr. Noosa Heads, Sunshine Coast**
- COST:** *Adult: \$110 Concession \$85 (seniors, students and Health Care Card holders)  
-healthy morning tea provided, BYO lunch or buy locally-*
- BOOKINGS:** *Booking Essential - online at [www.insighthealth.com.au](http://www.insighthealth.com.au)*
- ENQUIRIES:** *Contact Ina on (07) 5447 9930 or 0403 409 772 after 7:30pm.  
Or Angela (03) 5966 6102 . Cheques to Insight Health Services PO Box 575 Yarra Jt. Vic 3797.*