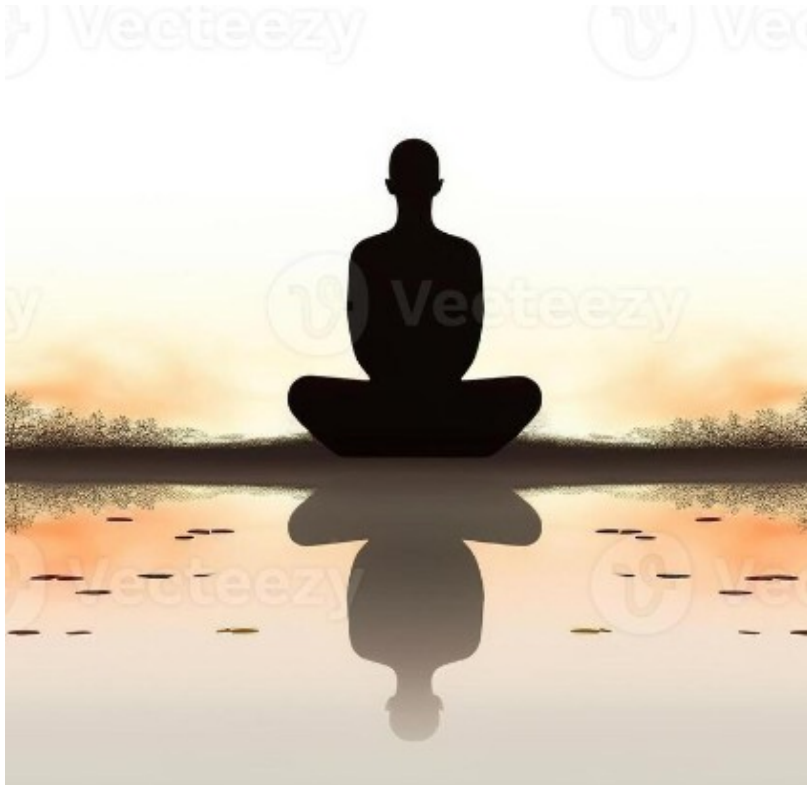


LIVING IN THE MOMENT

MEDITATION & MINDFULNESS



Mindfulness is living in the present moment. Mindfulness protects our mind from unskillful thoughts and emotions. Without mindfulness we simply act out all the various patterns and habits of our conditioning. The great power of mindfulness allows us to abandon what is unwholesome and cultivate the good. When we live in the present moment our mind is stress free. This gives health & wellbeing to our mind and body.

We will explore the 4 foundations of mindfulness and how to use it in our daily lives.

We will do breath meditation, walking meditation, meditation on sensations, meditation on the mind, drinking tea meditations & loving kindness meditation. We will look at the Hindrances to meditation

Sama is a buddhist nun. She has done training in Mindfulness & Compassion. She has been practising meditation with a range of teachers.

Suitable for both beginners & experienced practioners

When: Saturday 2 November 2024 2 pm – 5 pm

At: Women's Health Centre 225 Bolsover St R'ton. Corner Derby St

Fee: \$ 20 or by donation. includes afternoon tea

Contact: [rockhamptoninsightmeditation\(at\)gmail.com](mailto:rockhamptoninsightmeditation(at)gmail.com) or 0478630888 rsvp