

A Day of Mindfulness: Cultivating Self-Compassion



Saturday 23 April

9:30 am – 5:30 pm

Innistaigh, 244 Mt Mellum Rd, Mt Mellum

(between Maleny and Landsborough)

ABOUT THE THEME OF THE DAY:

Mindfulness is a wonderful practice for increasing our self-awareness and to help us transform unhelpful patterns of thinking, feeling and behaving. A more subtle quality we cultivate with mindfulness practice is self-compassion: *“being touched by and open to one’s own suffering, not avoiding or disconnecting from it, and generating the desire to alleviate one’s suffering and to heal oneself with kindness”*. This in contrast to being self-critical, overly demanding to ourselves or to ignoring our own needs. ‘Suffering’ in this context can be quite subtle, i.e. work stress and that sore shoulder that I try to ignore, or that unhelpful habit I give myself a hard time about. By more consciously cultivating self-compassion, we can accelerate the process of change we experience through our practice, i.e. by simply taking better care of our needs.

PROGRAM

We will start with a brief contemplation on the theme of the day: self-compassion. Then onto a group inquiry into how everyone is going with the practice, both formal (meditation) and in daily life, discussing any questions, difficulties etc. We will then go into silence, and do some yoga practice. The rest of the day we will do various practices, with an emphasis on bringing kindness and self-compassion to whatever we are doing and experiencing. Weather permitting, we will also do some practice outside in nature, on the lovely 100 acre bush property. This can be very helpful in finding a sense of connection, peace and joy. We will finish the day with a brief check-out, to discuss experiences and learnings from the day.

FOR WHOM: this day of mindfulness is suitable for anyone who has some experience with mindfulness practice. Please contact us if you are not sure if this is suitable for you.

COST: the total cost of the day is \$75 (includes lunch and morning and afternoon tea). Please feel free to contact me to discuss a discount if that is a bit much for you at the moment.

BOOKINGS (you can pay on the day but please book asap):

email: astrid@freeyourmind.net.au or **ph:** 5492 7667 or 0424 394 259

