

# From Anxiety to calm

## the role of Mindfulness

with meditation  
teacher Suzie Brown

### Cost

\$40; + Dana for Suzie\*

The workshop will include

- Meditation instruction
- Sitting and walking meditation
- Discussion and questions
- Dharma talk

### What to bring

Your favourite Meditation cushion or stool and a shawl or blanket

(Note: Meditation cushions, mats, blankets, chairs and meditation stools are available at the venue)

Hot drinks will be provided for an afternoon tea break

### Bookings

Bookings are essential, and must be made and paid for via our website [www.melbourneinsightmeditation.org](http://www.melbourneinsightmeditation.org)

### Enquiries

[insightretreats@hotmail.com](mailto:insightretreats@hotmail.com)

\*Following the Buddhist practices of generosity the teachings are given on a Dana (gift/donation) only basis. Your monetary contribution enables the teachers to continue their work.

Sunday 14 April 2:15pm - 5:30pm

CERES Community Environment Park

Learning Centre

Lee St & Roberts St, Brunswick East

Anxiety can arise from many sources, both physical and emotional. How we work with this skillfully is the key to feeling safer and happier.

Mindfulness is a powerful tool to cultivate the awareness of the thoughts and emotions that fuel our anxiety. Through mindfulness we can form a healthier relationship with our mind and body and the progression of thoughts and emotions that drive the cycle of anxiety.

This practical workshop will teach you meditation and mindfulness practices to help calm and defuse generalised anxiety.

Suitable for beginners and experienced meditators.