

BEYOND MINDFULNESS – DEEPER WHERE WE STAND

with PENNY FENNER & visiting USA Psychotherapist TINA BENSON

MINDFULNESS is a contemplative practice that can directly alleviate stress and anxiety, increasing our sense of well-being and joy. This two day workshop takes us into and beyond mindfulness to reveal inner resources and ways of being that bring tremendous freedom and ease. The weekend is a precious opportunity to work in an intimate setting and dive deeply into ourselves as we:



- ♥ Open our hearts and free our minds from limiting thoughts, feelings or experiences.
- ♥ Become aware of the subtle, often unconscious ways we restrict or limit ourselves and our relationships through conditioned thinking and behaving.
- ♥ Engage in guided meditations, paired exercises and receive personal coaching.
- ♥ Discover the joy and wisdom that come from real openness and receptivity.

Penny and Tina bring decades of experience, qualification and intimate engagement with western psychology, Asian wisdom traditions and group process. They are passionate guides in facilitating healing and transformation, leading groups in their respective homelands and abroad as well as maintaining private practices working with adults, couples, and families. Penny also works as an executive leadership coach empowering people to live with mindful wisdom and loving kindness. For two years Penny and Tina have successfully co-led similar workshops in California.



DATE: Sat 27 July and Sun 28 July, 2013

9am-5pm

VENUE: Wellspring Centre

10 Y Str, Ashburton. Melways 60D9

COST: Before June 10: \$360 (+GST)

After June 10: \$400 (+GST)

Refreshments, not lunch, provided

EARLY ENROLMENT ADVISABLE: NUMBERS LIMITED TO SUPPORT DEPTH EXPERIENCE & LEARNING

For further information contact: E: penny@fenner.org; T: 9885 0119; M: 0411 554 007;

W: www.skilfulaction.com – link to RETREATS

CPD HOURS: Gain invaluable skills to use with clients, avoid burn out and fatigue.

REGISTRATION FORM: July 27/28 *Beyond Mindfulness* with Penny Fenner & Tina Benson

FULL NAME: _____

Address: _____

Suburb: _____ State and post code: _____

Phone: _____ Mobile: _____

Email: _____

PAYMENT OPTIONS:

Early bird payment \$360 +GST (\$396); Full payment after June 10: \$400 +GST (\$440)

Mail your completed form and cheque payable to Skilful Action to:

Skilful Action, 23a Britten Street, Glen Iris, 3146. **OR**

Email your completed registration form after making an electronic funds transfer to:

Skilful Action Pty Ltd; BSB: 013 141; A/C: 8508 62205, and include your EFT receipt.

CANCELLATION POLICY: Full refund less \$60 administration fee if 14 days or more prior to event.

No refund within 14 days of event.