

# Adventures in Mindfulness Meditation

An 8-week course on Zoom.

Dr Kirstin Robertson-Gillam PhD



**\$25 per session.**

**Sundays at 3-5pm**

**2nd July to 20th August 2023**

**Guided meditations ➤ Mandala Drawing ➤ Journaling**

Are you looking for a way to feel more calm, centred, and at peace? My meditation programme is here to help you do just that! I understand how stressful life can be and how important it is to take time for yourself. During the programme, you'll learn how to reduce stress, improve your mood, and enhance your overall quality of life.

I have designed the course to be therapeutic, using a combination of guided meditations, mandala drawing, and journaling. Each session begins with a warm and friendly explanation before you start the guided meditation. After the meditation, you'll get to draw a freehand mandala within a circle to capture your emotions in color and shapes. You'll repeat this on the following days until you move on to the next Sunday session.

I will be there to support you every step of the way, and you'll even get the chance to send the mandalas from each session to me for comment. You will be provided with a free recording of each week's meditation so that you can practise at home.

There will also be notes to accompany each session. You will need to get a visual diary and a set of oil pastels.

So, contact me for further details.

## Sunday meditation programme

2 July	Session 1	<b>Introduction.</b> Watching the breath meditation.
9 July	Session 2	<b>Mindful eating.</b> Contemplating a piece of chocolate or a sultana.
16 July	Session 3	<b>Stress reduction.</b>
23 July	Session 4	<b>Seashore imagery.</b>
30 July	Session 5	<b>Grief and loss.</b>
6 August	Session 6	<b>Loving kindness.</b>
13 August	Session 7	<b>Exploring pain and forgiveness.</b>
20 August	Session 8	<b>Mindful movement meditation.</b>



## Dr Kirstin Robertson-Gillam PhD

Kirstin's has spent some 30-years working as a nurse and a psychotherapist in aged care, disabilities, palliative care, grief and loss, and mental health in organisational settings and in private practice. She completed her Bachelors degree in psychology at the University of New England. Then, she did her Master of Counselling at Western Sydney University followed by a research Masters. Her PhD focused on reducing depression in mid-to-later life.

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