

Adventures in Mindfulness Meditation

On Zoom for 2-hours on Sundays



Kirstin

- **Canberra/Sydney/Melbourne/Hobart, 3pm all year.**
- **Brisbane, 3pm Standard time and 2pm Summer time.**
- **Adelaide, 2:30pm all year.**

Expand your mindfulness practice through weekly interactive sessions with expert teacher Kirstin. Each session features a guided meditation, time to draw a mandala of your meditation experience, and have a discussion. You'll be emailed a recording of each session's meditation for home practice. You'll learn core techniques like mindful breathing, body scans, and mindfulness of thought while also expressing your experiences through mandala art and journaling. The interactive weekly sessions feature Kirstin's expert guidance, a variety of mindfulness techniques, supplementary home practice materials, and your creative expression through drawing mandalas and journaling.

Guided meditations + Mandala drawing + Journaling

Programme	Dates 2024	Theme	Sessions
1	3, 10, 17, 24 March	Foundations of Mindfulness	<ol style="list-style-type: none">1. Watching the breath2. Adrenal stress release3. Pain and forgiveness4. Loving kindness
2	5, 12, 19, 26 May	Sensory awareness	<ol style="list-style-type: none">1. Chocolate meditation2. Raisin meditation3. Mindful movement4. Chakra meditation
3	7, 14, 21, 28 July	Mindfulness and imagery in nature	<ol style="list-style-type: none">1. Seashore imagery2. Meadow in the forest imagery3. Garden gratitude meditation4. Cloud watching meditation
4	1, 8, 15, 22 September	Connecting with compassion	<ol style="list-style-type: none">1. Working with difficult emotions2. Self compassion3. Grief and loss4. Letting Go
5	3, 10, 17, 24 November	Health and wellbeing	<ol style="list-style-type: none">1. Reducing blood pressure2. Anxiety and depression3. Medicine taking4. Art of manifesting

Dr Kirstin Robertson-Gillam PhD

Kirstin is a distinguished psychotherapist, mindfulness teacher, and former nurse bringing some 40 years experience to helping others discover inner peace and healing through the transformative practice of mindfulness meditation. Her programs receive excellent reviews for their wisdom, warmth, and lasting impact. With her rare blend of medical knowledge, psychological expertise, spiritual depth, and real heart-centred presence, she will guide you into the peace and possibilities of mindfulness.

PRICING

Each programme of 4 sessions costs \$149. This includes the 2-hour Zoom sessions, and a handout and an mp3 recording for each session emailed to you prior to the session. Email access to Kirstin is available free for the duration of each programme. Separate personal consultations with Kirstin are available by appointment for \$180 per hour.

BOOKINGS

Go to Kirstin's website www.kirstinrg.com



Creative Horizons Healthcare
ABN 37 082 300 176

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