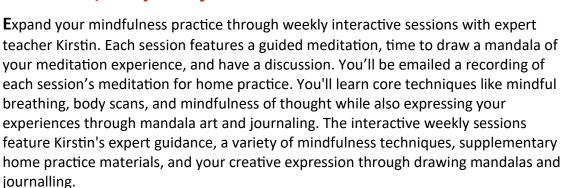
## **Adventures in Mindfulness Meditation**

# **On Zoom for 2-hours on Sundays**

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





Kirstin

### Guided meditations + Mandala drawing + Journaling

| Programme | Dates 2024             | Theme                             | Sessions   |
|-----------|------------------------|-----------------------------------|--|
| 1         | 3, 10, 17, 24 March    | Foundations of Mindfulness        | <ol> <li>Watching the breath</li> <li>Adrenal stress release</li> <li>Pain and forgiveness</li> <li>Loving kindness</li> </ol>                     |
| 2         | 5, 12, 19, 26 May      | Sensory awareness                 | <ol> <li>Chocolate meditation</li> <li>Raisin meditation</li> <li>Mindful movement</li> <li>Chakra meditation</li> </ol>                           |
| 3         | 7, 14, 21, 28 July     | Mindfulness and imagery in nature | <ol> <li>Seashore imagery</li> <li>Meadow in the forest imagery</li> <li>Garden gratitude meditation</li> <li>Cloud watching meditation</li> </ol> |
| 4         | 1, 8, 15, 22 September | Connecting with compassion        | <ol> <li>Working with difficult emotions</li> <li>Self compassion</li> <li>Grief and loss</li> <li>Letting Go</li> </ol>                           |
| 5         | 3, 10, 17, 24 November | Health and wellbeing              | <ol> <li>Reducing blood pressure</li> <li>Anxiety and depression</li> <li>Medicine taking</li> <li>Art of manifesting</li> </ol>                   |

### **Dr Kirstin Robertson-Gillam PhD**

Kirstin is a distinghished 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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Kirstin

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 journalling.

### Guided meditations + Mandala drawing + Journaling

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