

BLUE SKY MIND

Meditation workshop based upon Ian's new book



Sunday 14th July 2019 10am - 4pm

with Ian and Ruth Gawler

amidst the tranquil beauty of the Yarra Valley



The mind has two aspects

These can be compared to the clouds - our active thoughts and emotions that change all the time and can range from beautiful to turbulent; and the blue sky - that aspect of mind beyond all the activity wherein dwells a stillness, along with profound peace, clarity, wisdom and compassion. In meditation we have the opportunity to get to know both aspects of our mind better and to connect more deeply with what we are actually capable of, and who we really are.

Blue Sky Mind - the book

Recently released, this book provides direct guidance into an authentic and deep experience of meditation. While it does introduce highly practical methods for relaxation, concentration and mindfulness, the real gem is introducing reliable methods for advancing beyond the busyness and distractions of the active mind, and directly experiencing the still mind. The *Blue Sky Mind* app is also available and features all the techniques and meditations guided by Ian.

Join us as we practise the *Blue Sky Mind* techniques together

Ian and Ruth have been meditating and teaching for a combined 70 years. Join them amidst the majestic forests of the Upper Yarra Valley and be supported by the staff and amenities at the Yarra Valley Living Centre.

Suitable for everyone keen to deepen their meditation

While this workshop will be profoundly instructional and regenerative, the focus will be upon direct experience

Dates Sunday 14th July 10am (arrive 9.30) - 4pm.

Venue The Yarra Valley Living Centre, 55 Rayner Court, Yarra Junction, Victoria, Australia.

Bookings and Inquiries The Yarra Valley Living Centre ClientServices@gawler.org or 1300 651 211

This retreat is well suited to all Health Professionals. Certificates of attendance will be provided for those who request them.

For more details of Ian and Ruth Gawler's work : www.iangawler.com