

Mindfulness and the Four Heart Qualities A Silent Meditation Retreat

Mt Carmel Retreat in Varroville, NSW
October 10th - 15th 2016

In mindfulness and stillness we can cultivate the heart qualities of loving kindness, compassion, appreciative joy and equanimity. These mutually supportive states enable us to transform psychological and interpersonal suffering.

A growing body of scientific evidence supports the health and relationship benefits of training in mindfulness, compassion and loving kindness. Recent therapeutic and educational approaches such as Compassion Focused Therapy (CFT), Cultivating Emotional Balance (CEB), Mindful Self Compassion (MSC) and Positive Neuroplasticity Training (PNT) are gaining popularity with therapists and educators.

Skill development grounded in contemporary and Buddhist psychology will be our focus, with plenty of guidance, meditation practice, mindful movement and space for integration and rest.

Anyone with some experience in mindfulness meditation is welcome. This retreat is suitable for both personal and professional development for therapists, health professionals and educators.

The Venue

Mt Carmel Retreat is a peaceful and semi-rural sanctuary of 300 acres with birdlife and walking trails, 45 minutes outside of Sydney, near the Minto train station. You will have your own room with ensuite. The food is non-vegetarian, with vegetarian, gluten and dairy free options

Cost

\$880 Early Bird (before 12/9/16)
\$930 Full Rate

The Teachers



Mal Huxter (MAPS, AABCAP) is a clinical psychologist in private practice. He is the author of "Healing the Heart and Mind with Mindfulness."

Routledge 2016. A practicing psychologist for 25 years, he has been teaching mindfulness and the four heart qualities to the general public, a range of cultures, clinical populations, therapists and other professionals since 1991. He began training in Buddhist meditation practices in 1975, living in Thailand as a Buddhist monk for two years in the late 1970's. As well as Theravada he has trained in other Buddhist and spiritual traditions.

www.malhuxter.com



Dr Liz Turnbull (AABCAP, PACFA, EMDRAA) has been studying in the various Buddhist traditions for over 30 years and teaches on Insight meditation

retreats. She is a somatic psychotherapist, supervisor and educator, and has a longstanding interest in integrating Buddhist and contemporary psychologies. Liz was formerly a director of Somatics - Body Oriented Psychotherapy Training and is a teacher on the Buddhism and Psychotherapy postgraduate training offered by the Australian Association of Buddhist Counsellors and Psychotherapists.

www.lizturnbull.com.au

For further information or registration forms please email: heartretreat@lizturnbull.com.au