

MINDFUL RELATIONSHIPS



with Dr Ruth Gawler and Murray Paterson

Monday 9th to Friday 13th September 2019

Take time out to address what is at the heart of life - relationships

We lose connection with one another – and ourselves. – Jack Kornfield

Feel the need for better relationships with your self, with family, friends and colleagues?

Mindfulness practices cultivate greater internal and external awareness and change our relationships for the better. Relaxing and accessible this retreat will lead to:

- Greater self-awareness and understanding of your tendencies in relationships.
- Learning a variety of techniques to become fully present with the important people in your life.
- Gaining personal insight into what can help strengthen your relationships.
- Understanding how to reduce stress and tension in your relationships.
- Breaking unhelpful habits and making positive behavioural changes that will lead to more satisfying exchanges with others; embracing a flexible mindset.
- Recognising your own needs; learning what proper boundaries are so you do not burn out – or want to bail out.
- Allowing yourself to say “no” without guilt.
- Being more loving and open to giving and receiving in intimate relationships, and expanding your capacity to help others in general.

Ruth has a long history of helping people through retreats and personal counselling.

Murray has a rich history in corporate relationships. Together they can gently guide and support you to a new way of being within relationship - with self and others.

With ample time for mindfulness and meditation practice along with rest, exercise and exceptional, healthy food; all amidst the natural beauty of the Upper Yarra Valley, this program transforms relationships and lives.

Dates: Monday 9th at 11.30am (*arrive from 9.30*) to Friday 13th at 2.00pm, September 2019.

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

Enquiries and Bookings Call 1300 651 211 or Email clientservices@gawler.org