Ancient Wisdom – Modern Medicine

MIND-BODY MEDICINE in DAILY LIFE
An inspiring and practical day workshop at Spiritgrow with

Dr Nimrod Sheinman and Dr Ian Gawler
Fully catered – healthy lunch and morning tea provided

Knowing how to use the power of the mind to prevent illness, to heal, to be well and to flourish offers something for everyone. Experience all the benefits of deep natural peace along with a calm and clear mind. What possibilities!

Join us to hear two renowned pioneers of Mind-Body Medicine and teachers of meditation and imagery as they reveal how to find peace, healing and clarity amidst troubled times. Each with over 30 years experience, this is the essence of what they have found to be most useful.

• Learn how to let go of stress, relax easily and generate deep natural peace
• Discover how recent research combines with ancient wisdom to generate good health, healing and wellbeing
• Be inspired by stories of personal transformation and informed by the science behind them
• Deepen your understanding of mindfulness, meditation and imagery, and be led by Ian and Nimrod into the direct experience of them
• Take home positive psychology techniques that are highly practical and relevant in a modern, busy world
• A gentle blend of theory and practice, with plenty of time for questions and discussion

DATE: Sunday, October 20th 2013, 10am (arrive 9.30) to 4.30pm
VENUE: Spiritgrow, 226 Balaclava Rd, Caulfield North
COST: Morning tea and delicious, healthy lunch provided. $125. Concession $110
REGISTRATION: Online at www.iangawlerwebstore.com/events
INQUIRIES: Email anytime info@insighthealth.com.au or call Angela, 03 59666130 after 26th Sept