

IAN and Ruth GAWLER

COMING EVENTS – 2020

In 2020 Ruth and Ian will present 3 programs in the Yarra Valley – details follow



Our mind has two aspects... this 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, our greatest potential, and our inner wisdom.

RECLAIMING JOY a *Residential Meditation Retreat*

with Ruth and Ian Gawler and Melissa Borich - Friday 3rd to Thursday 9th April (pre-Easter)

Modern culture has taught us to look externally for solutions to feeling better... substances we can take, new and exciting experiences, the acquiring of new 'things. However, to regain balance and cultivate reliable, sustainable joy, we learn to go within. Meditation provides real answers. And all of this amidst the nurture and beauty of the Yarra Valley Living Centre...

Venue The Yarra Valley Living Centre, 55 Rayner Crt, Yarra Junction, Victoria

More details See below

Inquiries and Bookings Call 1300 651 211 or www.gawler.org

MEDITATION TEACHER TRAINING with *Drs Ruth and Ian Gawler*

Ian and Ruth have been teaching teachers of meditation for decades. This is a unique opportunity to learn from them directly in two 5 day residential trainings – Module 1 on meditation, Module 2 – contemplation. Attending both modules will meet the requirements for provisional membership of the Meditation Association of Australia. Both trainings will be highly experiential and be based upon comprehensive manuals.

Venue The Yarra Valley Living Centre, 55 Rayner Crt, Yarra Junction, Victoria

Dates Meditation Teacher Training 27 April – 1 May, 2020 : **Full details** See below

Contemplation 7-11 September, 2020 : **Full details** See below

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