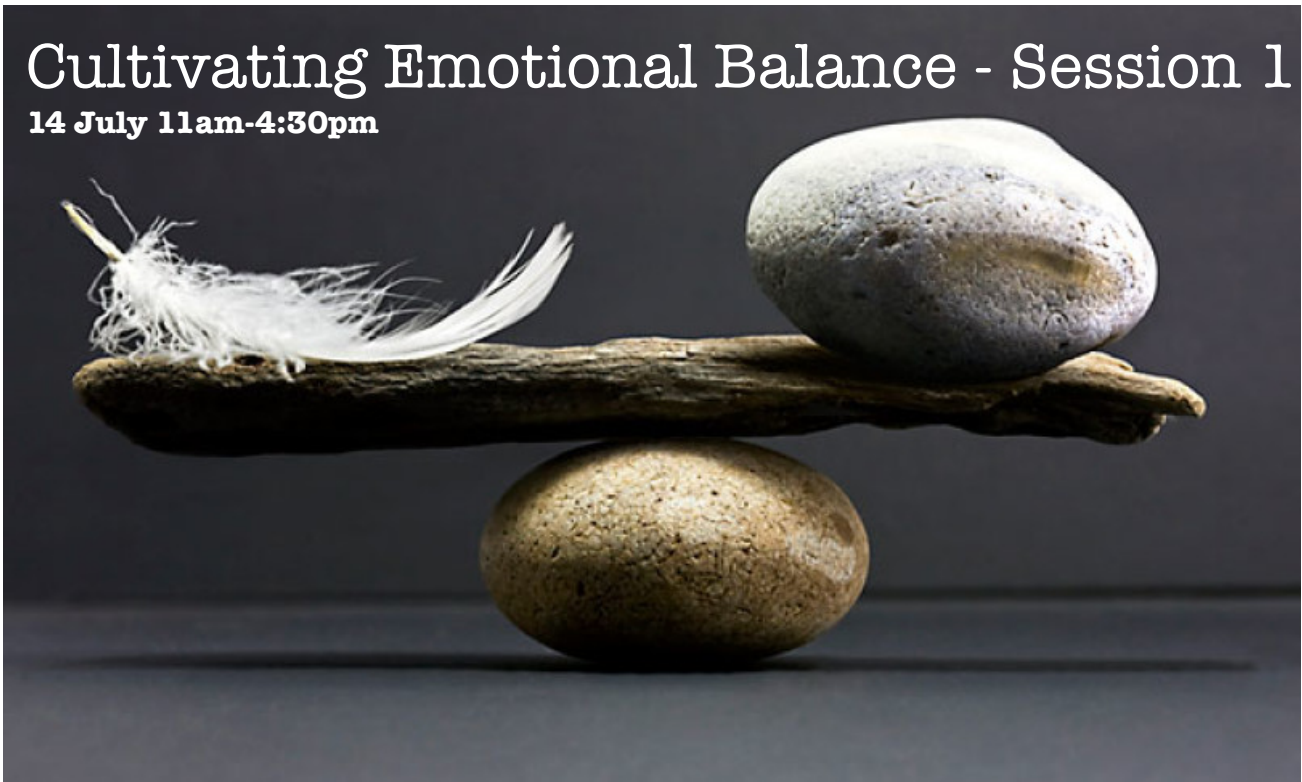


Cultivating Emotional Balance - Session 1

14 July 11am-4:30pm



Take control of your wellbeing and learn to understand your emotions

Our emotions create richness in our life - they help us navigate our lives, discern what we need, and relate to others. Yet, overwhelming emotions can leave us feeling triggered, stressed, drained, disempowered from our own mental processes, and can result in fractured relationships with others. The information and training from this course will transform your emotional inner world, so you become a skilled 'emotional athlete' that is calm, present and positively engaged with others.

14 July 11am-4:30pm: *Introduction; what is meditation - mindfulness and analytical; introduction to emotions; developing attentional skills, meaningful goals and a kind heart.*

The benefits of meditation are being tested by modern scientist, with a number of incredible physical and mental health benefits being verified through their research. There are many types of meditation each with varying instructions and outcomes resulting from practice. In order to get the beneficial outcomes from meditation its important to follow clear, tested methods. In this first session of the Cultivating Emotion Balance (CEB) series we will explore some of the methods for some of the most beneficial meditations that will assist with the challenges we face in modernity. Not only have these methods been rigorously tested by modern scientist, their effectiveness has been tested and verified by many individuals over the last 2500 years.

During the course we will continually engage in these meditation practices, as the deeper and subtle benefit comes from training our meditational skills and experiences, just as we would to master any new skill.

The framework for CEB will also be presented which will give the structure for how to achieve balance in our lives, even in the face of stress, busyness, and life challenges.

Our intentions and goals underpin the direction our day, weeks, years and ultimately our life takes. In this session we will discuss and practice how to ensure your intentions are directed towards emotional balance and wellbeing.

Note: You are required to attend or listen to part of this session in order to participate in subsequent sessions.

Cost

\$60 per session (\$50 concession)
\$320 all sessions (\$260 concession)



CULTIVATING EMOTIONAL BALANCE

Bookings essential - www.hayagriva.org.au or spc@hayagriva.org.au