



# LIVING MINDFULLY

## 8-WEEK MINDFULNESS AND MEDITATION COURSE

Monday Evenings - Oct 11th - Nov 29th - Mona Vale (Onespace)

This course is an opportunity for you to gain understanding of the foundations of mindfulness and how to integrate this powerful tool in your daily life. You will learn tools for developing compassion towards yourself and others, gain skills that will help you engage with difficult feelings and situations and develop a kinder and wiser relationship with yourself and the world around you.

Whether you just started your mindfulness practice or want to deepen it further, this course will give you the techniques and tools over the course of 8-weeks that will enable you to weave mindfulness practice into your day to day experience at work, at home, family life and on the cushion.

Each week will expand on a different topic and will provide a set of tools including guided meditations, inquiry, journaling and practices you can do at home to keep you engaged and motivated throughout the course.



### Who is this Course For?

This course is for anyone who is interested in deepening self-awareness, gaining a better understanding of the effects of stress on the mind and the body, calming the overthinking mind, responding to stressful situations in a wiser way, or simply wanting to be more present to life and relationships.

**When:** Monday 24th May to Monday 12th July

**Times:** 6:30 - 9:00pm (NSW time) on each Monday evening for 8 sessions.

**Where:** 63 Bassett St, Mona Vale NSW 2103 (Onespace)

**Cost:** \$250 per person + Dana (the course fee covers room hire and admin costs).

**Registration is a two step process:**

**Step 1:** Pay the registration fee click [here](#)

**Step 2:** Fill in your [Registration form](#)

**Additional Cost 'Dana'** - In keeping with a 2,500 year old tradition no fee has been charged for the teachings. At the end of the course you are invited to give a donation (dana) to express your appreciation and to support the teacher.

For more Information click [here](#) or email Renata on [stillwaterinsight@gmail.com](mailto:stillwaterinsight@gmail.com)

### About the Teacher



Renata Malinauskas - Renata has been a Dharma practitioner since 2012 in the Insight Tradition. She has sat (and managed) around 15 silent meditation retreats up to 14 days length. She is a

certified Mindfulness and Compassion Teacher and is currently in a 4 year training to become a senior Insight Meditation teacher in Australia through the [Insight Meditation Institute](#). Renata is the Founder of [Still Water Insight](#) and is currently a committee member of [Insight Meditation Institute](#) and [Sydney Insight Meditators](#) in which she has been a member since 2016.



# COURSE OUTLINE

Every session will include a meditation and discussions on application to our life situation.

## Week 1: Intro to Mindfulness

- Intention Setting
- Cultivating curiosity, openness, receptivity and beginners mind.
- The Three Characteristics of Existence

## Week 2: Challenges to practice

- What is Mindfulness Meditation
- Our brain under stress
- Relaxation and grounding techniques

## Week 3: Working with Reactivity

- Mindfulness of Breath
- The posture in Meditation
- In the grip of Reactivity

## Week 4: The impacts of Trauma

- Mindfulness of Body
- The challenges of Embodiment
- Nervous system regulation through Somatic Resourcing

## Week 5: Doing vs Being

- Mindfulness of Feeling tone
- Clinging and Aversion
- Mindful Eating Exercise

## Week 6: Working with strong emotions

- Working skilfully with physical and emotional pain
- The R.A.I.N process
- The role of compassion

## Week 7: The Inner critic

- Mindfulness of Mind
- Thoughts vs Mind states
- Working with the Inner Critic

## Week 8 - Applying Mindfulness in Daily Life

- Equanimity: meeting life as it is
- Maintaining a Daily Practice
- Final thoughts and closing circle