



LIVING MINDFULLY

8-WEEK MINDFULNESS AND MEDITATION COURSE

Thursday Evenings - October 13th - December 1st 2022 - Online

The Living Mindfully 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. The course is based on the deep wisdom and the teachings of the Buddha as well as contemporary wisdom practices.

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: Thursday 13th Oct - 1st Dec 2022

Times: 6:30 - 8:30pm (NSW time) on each Thursday evenings for 8 sessions.

Where: Online

Cost: \$50 + Dana

The course fee covers admin costs only.

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 to continue her work.

To Register click [Here](#).

For more Information, email Renata on stillwaterinsight@gmail.com

About the Teacher



Renata has been studying and practicing in the Buddha Dharma for over 10 years, first in the Tibetan tradition and then in Vipassana and Western Insight. She is the co-founder and guide at Still

Water Insight Group in Narrabeen, NSW and is currently a committee member of Insight Meditation Institute and Sydney Insight Meditators. Renata has a particular interest in the interplay between Buddhism and Psychotherapy, most particularly how they benefit and support each other in healing and awakening journeys. She is a certified Mindfulness and Compassion Teacher and works full time as a Body-Centred Trauma Therapist in private practice in Newport, NSW.

www.somawisdom.com.au



COURSE OUTLINE

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

Week 1: Intro to Mindfulness

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

Week 2: The Five Aggregates

- The five Aggregates of Clinging
- Our brain under stress
- Grounding + body scan guided meditation

Week 3: The Second Arrow

- Mindfulness of Breath
- The 'Second Arrow'
- How to work with Reactivity

Week 4: Mindfulness of the Body

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

Week 5: Mindfulness of Feelings

- Mindfulness of Feelings
- How to work skilfully with physical and emotional pain
- The R.A.I.N process

Week 6: The Four Brahma Viharas

- The Four Brahma Viharas
- Guided Compassion meditation
- Working with the Inner Critic

Week 7: Mindfulness of Mind

- Guided Metta meditation
- Mindfulness of Mind
- Freedom Clinging and Aversion

Week 8: Applying Mindfulness in Daily Life

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