

Mindfulness and the Four Heart Qualities

A Silent Meditation Retreat

Mt Carmel Retreat in Varroville, NSW
August 13th - 18th 2017

In mindfulness and stillness we can cultivate the heart qualities of loving kindness, compassion, appreciative joy and equanimity. These mutually supportive states enable us to transform psychological and interpersonal suffering.

A growing body of scientific evidence supports the health and relationship benefits of training in mindfulness, compassion and loving kindness. Recent therapeutic and educational approaches such as Compassion Focused Therapy (CFT), Cultivating Emotional Balance (CEB), Mindful Self Compassion (MSC) and Positive Neuroplasticity Training (PNT) are gaining popularity with therapists and educators.

Skills development grounded in contemporary and Buddhist psychology will be our focus, with plenty of guidance, meditation practice, mindful movement and space for integration and rest.

Anyone with some experience in mindfulness meditation is welcome. This retreat is suitable for both personal and professional development for therapists, health professionals and educators.

Fee: \$650 + Dana

The fee for the retreat is \$650, which will cover food /accommodation and contribute to the teacher's accommodation and travel costs. In accordance with Buddhist traditions the teachings are given freely. The fee for the teaching is dana based. Dana refers to the economy of generosity where those who receive the teaching have the opportunity to reciprocate with a financial gift that they feel is suitable, after the retreat has finished.

The Teacher



Mal Huxter (MAPS, AABCAP)

is a clinical psychologist in private practice. He is the author of "Healing the Heart and Mind with Mindfulness" Routledge 2016. A practicing psychologist for 26 years, he

has been teaching mindfulness and the four heart qualities since 1991. This has included teaching the general public, people of different cultures, clinical populations, therapists and other professionals. He began training in Buddhist meditation practices in 1975, living in Thailand as a Buddhist monk for two years in the late 1970's.

www.malhuxter.com

The Venue

Mt Carmel Retreat is a peaceful and semi-rural sanctuary of 300 acres with birdlife and walking trails, 45 minutes outside of Sydney, near the Minto train station. You will have your own room with ensuite. The food is non-vegetarian, with vegetarian, gluten and dairy free options.

For more information or registration forms please email: malhuxter@gmail.com