



Open the Heart and Still the Mind: Finding Wholeness through Silence

**22 July – 27 August 2017
5 week meditation programme**

This 5 week course, facilitated by clinical psychologist Sue Cooper, **integrates the wisdom of Buddhist psychology and meditation**, a powerful practice for deepening our awareness of the present moment and developing a more compassionate relationship to ourselves and others.

In a contained and nurturing atmosphere, we will explore different ways to heal from the fragmentation of our fear-based addictive patterns of behaviour, drawing on Buddhist teachings and practices which encourage kindness and compassion. Through a combination of meditation practices which emphasize embodied awareness, qigong movement meditation and self-reflection, we will experience the integration of body, heart and mind, leading to states of calm and balance. There will be an opportunity in each session for analytic reflection, as well as for contemplative silence, providing an experience of both the psychological and meditative approaches to inner healing and transformation.

This programme takes place over 4 half-days and 1 day-long retreat and is suitable for beginner and experienced practitioners.

No previous experience of psychotherapy or meditation is required, but if you are involved with either or both, this process will support and complement that work.

The course requires an intention to attend all sessions and payment is required for the course as a whole. The dates outlined may be subject to change, due to unforeseen circumstances and any sessions cancelled by Sue will be rescheduled.

Dates and Venues:

Saturday mornings: 22 and 29 July; 5 and 19 August

Time: 09:15 – 12:45

Venue: Somersault House, 57 Grove Ave Claremont

Sunday Day-long retreat: 27 August

Time: 9 for 9:30 to 16:30

Venue: Mont Fleur Conference Centre, Stellenbosch

Cost: R3200 (Partially covered by medical aid - 86311 code) plus **R650** for an initial, individual consultation for newcomers, fully covered by medical aid (86205 code)

Deposit of R750 to secure your place, of which R500 is non-refundable if cancelled 3 weeks or less before the start. Payment plans are available.

Course Cancellation policy: Although individual circumstances will be taken into account, the following applies to all bookings:

Less than 2 weeks before course: Unless your place is filled, the full R750 deposit is non-refundable.

After start of course: Full course fee is due.

For further details, please email sue.stillmind@gmail.com or visit www.suecooper.co.za

Banking Details:

Name: S.G. Cooper

Cheque Account: 50170371576

First National Bank, Rondebosch

Branch Code: 201509

Reference: your name and July



Sue Cooper (www.suecooper.co.za) is a Clinical Psychologist with extensive experience as a psychoanalytic psychotherapist, working in private practice in Cape Town since the early 1990s. She has a long-standing interest in the interface between psychological and spiritual approaches to self-discovery and inner healing, and has attended Buddhist meditation retreats, mainly in the Theravada tradition, for over 30 years, both in South Africa and at Gaia House in the UK. Sue has been inspired by the teachings of [Ajahn Chah](#) of the Thai Forest Tradition, and is deeply grateful to her primary teachers: the late [Godwin Samararatne](#), [Kittisaro](#) and [Thanissara](#), [Ajahn Sucitto](#) and [Stephen and Martine Batchelor](#).

Sue has a particular interest in exploring how our practice enables us to embrace our humanness, integrating love and loss in our lives, so that we can live and die with compassionate awareness.

Sue offers weekend and longer retreats throughout South Africa at [Bodhi Khaya](#), [Temenos](#) and [Mont Fleur](#) in the W. Cape, [Dharmagiri Insight Meditation Centre](#) and [The Buddhist Retreat Centre](#) in KZN and [Emoyeni Retreat Centre](#) in the North West Province, as well as 6-8 week 'Open the Heart and Still the Mind' courses, on-going weekly groups and monthly half-day/day retreats in Cape Town.
