



Open the Heart and Still the Mind: From Bracing to Embracing

3 February – 10 March 2018
5 -7 week Saturday morning course

This course 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.

This 5-7 week programme consists of a recommended Introductory Morning retreat (cash dana based) on Sat 20 January, an initial individual session if we haven't yet met, and an optional extra daylong retreat at Mont Fleur near Stellenbosch on Sat 27 January, before the 5 session course itself starts in February.

In a contained and nurturing atmosphere, we will explore different ways to free ourselves from our fear-based beliefs and patterns which cause us to brace against life. This allows us to discover the healing and transformation that are possible when we learn to embrace our experience with courage, kindness and compassion. We will develop understanding, inner calm and balance through a combination of meditation, self-reflection and psychological inquiry. Each session will include a meditative movement practice – either qigong (chi kung), an ancient gentle movement meditation or walking meditation, both of which greatly enhance our experience of the integration of body, heart and mind. 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.

This course is open to newcomers as well as 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*

CPD Accreditation applied for: 12 General & 3 Ethics CEUs plus 6 Ethics for the daylong retreat.

Introductory Saturday Morning retreat: The Power of Silence

Date: Sat 20 January 2018

Time: 9:30am – 1pm

Venue: Somersault House, 57 Upper Grove Avenue, Claremont

Cost: Cash dana (Suggested donation R200/250/300 or less if necessary)

Daylong retreat: Welcoming the Year with Compassionate Awareness

Date: Sat 27 January 2018

Time: 9:00am – 4pm

Venue: **Mont Fleur**, Upper Blaauwklippen Road , Stellenbosch

Cost: R1050/R1100/R1200

Please see full details [here](#)

5 Saturday morning retreats:

3 February – 10 March, excluding 24 Feb, partially covered by medical aid.

Dates: Feb: 3, 10, 17; March: 3 & 10

Time: 9:30am – 1pm

Venue: Somersault House, 57 Upper Grove Avenue, Claremont

Cost: R3000 for the 5 Sat mornings and including a 30-45 min individual session, fully covered by medical aid, beforehand if we have not met or during the course if we have met.

A **deposit** of R1000 is required to confirm your place on this course, R500 of which is a non-refundable booking fee.

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 R1000 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/ Feb Course