



## **Open the Heart and Still the Mind: Embracing Life with Kindness and Compassion**

**21 July - 25 August 2018  
5 session course, including a daylong retreat**

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“Open the Heart and Still the Mind” courses are an integration of 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 week course begins with a daylong retreat at Mont Fleur near Stellenbosch on Saturday 21 July, followed by 4 Saturday morning retreats at Somersault House in Claremont, starting on 28 July.

In a contained and nurturing atmosphere, we will explore different ways to free ourselves from the habitual, fear-based beliefs and patterns which keep us trapped in a state of suffering. We will cultivate the conditions for understanding, inner calm and balance to arise through a combination of meditation, self-reflection and psychological inquiry. In addition to guided meditations, 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 also be an opportunity for reflection, as well as for contemplative silence, providing an experience of both the psychological and meditative approaches to inner healing and transformation.

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: 12 General CEUs for the half-day Saturdays plus 6 Ethics CEUs for the daylong retreat.***

***Please Note:*** To receive CPD points and your certificate(s) this year, there is an annual admin fee of R150 - thank you.

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### **Daylong retreat: Living with Loving-kindness (6 Ethics CEUs)**

**Date:** Saturday 21 July 2018

**Time:** 9:00 for 9:30am – 4pm

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

**Cost:** R1050 if attending the course (R1100/1150/1200 if not attending the course)

**Deposit:** R450

Please see full details [here](#) and please note that this payment goes to Stillmind Retreats.

### **Banking Details:**

Account Name: **Stillmind Retreats**

Cheque Account: 62506345637

First National Bank, Rondebosch  
Branch Code: 201509  
Reference: Your name & 21 July

**Saturday morning retreats: (12 General CEUs)**

**Dates:** 28 July; 4 and 18 August plus Monthly retreat on 25 August

**Time:** 9:30am – 1pm

**Venue:** Somersault House, 57 Upper Grove Avenue, Claremont

**Cost:** R2950 for the 4 Sat mornings (partially covered by medical aid) and including a 50 min individual session (fully covered by medical aid) before or during the course.

**Banking Details:**

Name: S.G. Cooper

Cheque Account: 50170371576

First National Bank, Rondebosch

Branch Code: 201509

Reference: your name & July Course

**Total cost of course: 4 Saturdays, the daylong retreat and an individual session: R4000**

A **deposit** of R1000 is required to confirm your place, R500 of which is a non-refundable booking fee. The balance may be paid off in installments.

**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, R750 of the deposit is non-refundable.

After start of course: Full course fee is due.

**For further details, please email [sue.stillmind@gmail.com](mailto:sue.stillmind@gmail.com)**