

# *A Mindfulness Day*

## *The Art of Inner Listening*

*With George Kinder*



*Deepen and strengthen your mindfulness practice in this day-long mindfulness, meditation retreat. George will give practical instruction but the day will be devoted mostly to silent practice.*

### **COST**

LPM participants - £45 +VAT, \$99

RLP®/mentorship participants - £95 +VAT, \$199.

Other participants £125 +VAT, \$249

### **WHAT TO BRING**

*Bring a light lunch, wear loose fitting clothing.*

*If you have a favorite cushion, bench or chair you use when meditating, feel free to bring it.*

### **BENEFITS OF MEDITATION**

Meditation helps us on many levels, from simple relaxation to freedom from suffering and full liberation of heart and mind. It allows us to:

- defuse stress and experience greater calm
- expand our sense of who we are, beyond our fears and self-judgment
- discover inner resources that can change our everyday lives
- awaken our capacity for insight and wisdom
- broaden our perspective and deepen our courage, based on seeing things just as they are.

*Also by George Kinder*



“In Suffering’s Wisdom, George Kinder has written a meditation book that pulls off the impossible, being instantly accessible and at the same time extremely sophisticated, applying meditation to our most mundane moments and habitual behaviors, while on each page appealing to our highest aspirations to lead more joyous and meaningful lives. This is an exceptionally personal book, from a teacher who has truly lived his meditation practice and constantly renewed it with creativity and passion. Every page is an inspiration and a gift. Don’t miss it!”

— Joel Gluck, MEd, executive coach, meditator