

# INTRODUCTION TO MINDFULNESS WITH PATRICK KEARNEY IN CANBERRA

**PUBLIC TALK | FRIDAY 29 MARCH 2019 7.30pm-9.00pm**

## 'Striving, stress & relaxation'

In our ordinary, workaday world we are expected to be productive and efficient. Hard work is extolled as a virtue. Our work gives us the opportunity to express ourselves and to support us and those round us. Yet this very striving creates stress that reduces the quality of our lives. We find that making the effort to get through the day creates tension that remains with us when we are no longer working. Do the Buddha's teachings apply to this situation? In this talk Patrick will discuss the Buddha's own experience of the conflict between striving and relaxation, and how he resolved it. We will also experiment with some brief meditation exercises to find a felt sense of what he is talking about. \$10.

**WEEKEND WORKSHOP | SAT 30-SUN 31MARCH 2019 | 9.30am- 4.30pm**

In this non-residential workshop Patrick will introduce you to the practice of mindfulness as it was understood by the Buddha. It is designed for beginners and experienced practitioners. We will continue our exploration of the dynamics between striving and relaxation, to discover a practical path to sustained but relaxed awareness. This approach will be supported by practices of awareness of the body that lead to relaxation, mindfulness and self-compassion. Participants should wear loose and comfortable clothing, suitable for yoga/bodywork. \$120 full weekend/ \$100 concession or early bird (book before 31 Jan 2019). Saturday only \$50. Friday evening & Saturday \$65. Lunches BYO (we are not near shops) or catering options to be advised.

Patrick Kearney teaches mindfulness meditation in Australia and overseas and has trained extensively in South and South-East Asia. He has studied the classical languages of early Indian Buddhist texts, and applies his understanding of the early tradition to life in our contemporary world | [www.dharmasalon.net](http://www.dharmasalon.net)

**VENUE: YARRAMUNDI CULTURAL CENTRE** (appears on Google Maps as "ATSIC Culture Centre"), 245 Lady Denman Drive, Yarramundi Reach, Acton ACT

**TICKETS:** <https://www.eventbrite.com/e/introduction-to-mindfulness-with-patrick-kearney-in-canberra-tickets-7645087663>

**CONTACT:** Barbara Chevalier | 0417 240 026 | [barbchev@gmail.com](mailto:barbchev@gmail.com)  
Ian Lucas | 0406 377 946 | [ilucas1a@gmail.com](mailto:ilucas1a@gmail.com)