Learn to develop immunity from work-related emotional hazards and pitfalls and how to switch off the internal, emotional chain reaction after a challenging day of work.

Information

With applied meditation technique Dr Farvardin Daliri teaches how to switch off unwanted emotional chain reaction and acquire a still mind and calm heart. Through a dynamic, participatory and practical meditation method Dr Daliri will show how to live in the NOW and:

- How to have power over your involuntary thoughts
- How to become calm and prepare for sleep & enhance natural breathing to relax your mind
- How to block day time traumas from re-engaging the mind & emotions during the evening
- How to gain hope and optimism in hopeless situations
- How to apply meditation for a still mind, restful heart and relaxed body when you need it

When & Where

Sunday 22 October | 4.00pm to 7:30pm
Townsville Intercultural Centre | 155 Nathan Street Cranbrook, QLD
Fee: $45 | Vegetarian dinner included.
Limited seats available. Bring your meditation matt optional.
Booking is essential!

Contact & Booking

Call Rebecca Rickard on 07 4772 4800 or via email bec@townsvilleic.com.au
www.townsvilleic.com.au
This is a Townsville Cultural Fest Fundraiser.