

Saturday 5 - Sunday 6 November 2016

2 - Day Retreat:

Living with Your Heart Open - The Path to Freedom

Facilitator:

Kasia Winiarczyk



Kasia Winiarczyk is a practising psychotherapist, Mindfulness teacher and group facilitator. She is also a co-founder of Blue Morpho Body and Mind Centre in Edinburgh. Kasia holds a degree in Administration Law and a degree in Psychology as well as a Postgraduate Certificate in Buddhist Psychology. Her Postgraduate Diploma was gained having trained on the Postgraduate Counselling and Psychotherapy Programme with Caroline Brazier and David Brazier who are authorities on Buddhist Psychotherapy and Zen Therapy.

Elements of the Retreat:

Rituals • Mindfulness, Loving-kindness, Self-compassion • Guided meditation • Creative exercises • Practices to awaken your Heart • Sharing and Heart-centred communication

Venue	Skye Room, Gillis Centre, 100 Strathearn Road, Edinburgh, EH9 1BB
Time	Registration: 9.30am-10am. Retreat Days: 10am-5pm
Cost	£60/50 (Concessions)
For a Registration Form: Contact: Neill Walker, mesp2016@hotmail.com, 0131 331 4469	