

Saturday 21 – Sunday 22 November 2015

2-Day Retreat: **MINDFUL WAY TO YOUR HEART**



Facilitator: Kasia Winiarczyk

Skye Room, Gillis Centre,
100 Strathearn Road,
Edinburgh, EH9 1BB

Registration:

9.30am-10am

Retreat Days:

10am-5pm

Join us for this 2-day nourishing retreat with Mindfulness, meditation, elements of art and creative exercises, sharing, and opportunity for self-exploration and stillness. During the retreat you will learn how to open the heart in order to love the world, others and feel good and fulfilled. Through the practice of Mindfulness you will observe your experience with compassionate awareness and learn how to see the reality more clearly.

Mindfulness helps us to wake up from a trance, and to live our life fully with an open heart. Mindfulness energy seems to have essentially feminine qualities where love, compassion and acceptance are the key ones. Furthermore, the Feminine is often experienced as the embodiment of the heart energy. The liberation of the heart promotes love, respect, inclusion, humility, tenderness, kindness, virtue, sacredness and much more. The realm of the heart, without thoughts, is a gate to a great vastness, peace, and understanding.

Cost: £60/£50 (Concessions). For a Registration Form:

Contact: Neill Walker, mesp2015@hotmail.com, 0131 331 4469

Edinburgh International Centre for Spirituality and Peace,
EICSP, Scottish Charity, SC038996. www.eicsp.org