

# Mindfulness Retreat

## for health professionals

### 3,5 or 7 day option

May 15, 2011 (6.30pm arrival for 7.00pm start) finishing after lunch on Wednesday 18 May (3 days), finishing Friday 20 May (5 days) or Sunday 22 May (7 days).

Extend your personal and professional practice in mindfulness through the long held tradition of retreating into an environment that is conducive to practising.

This annual retreat will allow you the opportunity to not only extend your mindfulness practice but open you to a period of silence that is so rarely experienced in the highly stimulated daily environment.

Accommodation (shared— single options available)

Fully catered

Daily teaching

Question time

Personal interviews

### Retreat conducted by Michael Anderson

Michael has been practising mindfulness meditation for over 20 years. He has been teaching mindfulness meditation in organisational and community settings since 1995. Michael has also been integrating the principles of mindfulness within his professional work as a psychologist for over 10 years.

Michael has been actively integrating mindfulness and Buddhist approaches into a range of environments from counselling through to leadership training and executive development. In this time there have been numerous developments by professionals around the world in the integration of mindfulness and mental health which have included professional training. Michael has participated in professional training programs in Acceptance and Commitment Therapy (ACT) Dialectical Behavioural Therapy (DBT) and Mindfulness Based Cognitive Behavioural Therapy (MBCT). Michael currently works in private practice along the Surfcoast in Victoria, and supervises and trains health professionals including Psychologists in mindfulness practice in therapeutic contexts.

Michael is the author of a book titled Mindfulness Practice.

#### Cost:

3 Days \$450

5 Days \$650

7 Days \$800

Bookings and enquires:

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