

MEDITATIONS & REFLECTIONS ON
‘Mindfulness’
For Making the Moment Meaningful

With John Barter

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So much of our precious ‘Life moments’
are lost in unawareness.

Mindfulness collects attention and
connects us directly to what is happening
both outside of us and within us in a
special way.

Mindfulness transforms the ordinary into
the extraordinary, making the moment
meaningful and helping us to live, learn
and love into life with Calm and Insight.

This Half Day Meditation Retreat will offer
time to sit and walk in Meditation, ask
questions, gain clarification and insight.

Join other like-minded and good-hearted
people, interested in living more Mindfully
with Wisdom and Kindness.

**Half Day Retreat
Sunday**

9th February 2020

10:00am—1:00pm

(NSW Time)

9:00am—12:00 noon

(QLD Time)

Venue:

‘Ratanagiri’

11 Double View Road

Farrants Hills NSW 2484

Cost By: ‘Dana’

**(your monetary expression of
generosity for the
Teachings & Guidance)**

Register now:

info@wellawareness.com.au

Enquiries: 0400 022 048



John Barter

is a Psychologist and Mindfulness & Wisdom Based
Meditation Teacher. John brings to his work nearly 40 years
of continuous study and practice of Mindfulness disciplines, 10
years of which he was an ordained Buddhist Monk of the
Theravada Forest Tradition, living and practicing in
Australia, Thailand, Britain and Europe. He now lives and
works on the Tweed Coast of NSW.



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