

Intentions

Bringing Awareness to Life



Weekend Meditation Retreat *The Four Brahma Viharas: Loving-Kindness, Compassion, Appreciative Joy, and Equanimity*



Lead by:
Anne Mahoney
(Ph.D., R. Psych)
(bringingawarenesstolife.ca)

Co-hosted by:
Jill Koziey Counselling
(jillkozieycounselling.com)

The retreat will focus on the relationship between the four Brahma Viharas and how they support and balance one another. This retreat is a gentle introduction to the heart practices, as well as an opportunity for those familiar with the Brahma Viharas to deepen their understanding of them as a complement to their mindfulness meditation.

Location:

St. Stephen's College (non-residential)
University of Alberta Campus
8810 112 St NW, Edmonton, AB T6G
Telephone: 780-439-7311
<http://ststephenscollege.ca/>
Forest and Mountain Rooms*

Dates:

May 3-5th, 2019

Friday, 7 pm - 9 pm
Saturday, 9 am - 4 pm (lunch included)
Sunday, 9 am - 1 pm

About Anne:

Anne is a Calgary-based clinical psychologist in private practice. She specializes in shame-based disorders, integrating mindful awareness and equine-facilitated wellness (EFW) into her clinical practice. Anne has over thirty years experience with Mindfulness (Vipassana) Meditation. She leads a bi-weekly meditation group in Calgary.

Cost:

Retreat cost: \$75 per person*
*If cost is a barrier, free/subsidized may be offered on a case-by-case basis.

Teachings provided freely. An opportunity to contribute to Anne to support her teachings (dana) will be available as well.

For more information and to register:

Please email your name and phone number to: jkoziey@telus.net

*Note: Unfortunately, due to its age, St. Stephen's College is not fully accessible for those with physical limitations. Please contact the college directly to confirm accommodations and resources available.