



13TH OCTOBER

THE PRACTICE OF MEDITATION & WORKING WITH SELF- DEVELOPMENT

The aim of these workshops is for participants to practice meditation; to come to know the various reasons why one meditates; to understand the effects of various meditations and to know the various practices in self-development which help to balance the meditations and our personalities and to develop a proficiency in working with meditation.

Through working with meditation, self-development exercises and discussion we will develop a working knowledge of meditation and self-development to enthusiastically be able to work at this individually.

Join us just for a single workshop to experience meditating; to explore these and more questions. These workshops are based on Rudolf Steiner's indications.

**WHAT IS
MEDITATION?**

**WHAT IS SELF-
DEVELOPMENT?**

**VARIOUS
EXERCISES
DISCUSSION &
FEEDBACK**

RUDOLF STEINER HOUSE

**307 Sussex Street
Sydney**

\$15 or \$8 concession

10:00 am to 12.30 pm

**Saturday 13th October
2018**

Presented by John Pater

**For information:
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or 0422 111 791