AWCUM EVENT
Mindfulness Lunch

Catch up with your AWCUM friends over a vegetarian lunch, followed by a short talk and guided meditation by our guest speaker, Lydia Brown, a clinically trained psychologist and researcher specialising in mindfulness and self-compassion treatment modalities. Lydia has over 10 years personal experience in mindfulness practice, including over five months in a Sri Lankan Buddhist monastery and has met the Dalai Lama.

I am sure you will be fascinated when you meet Lydia.

For those short on time, you are welcome to come for the meditation only.

When: Monday 18th January 2016
What: Lunch and meditation 12:30 – 1:30 pm
Meditation only 1-1:30 pm
Where: Level 7 Alan Gilbert Building

Bookings essential for catering and seating:

Members Meal & meditate 10.00
Non-members meal and meditate 15.00
Members meditation only 5.00
Non-Members meditation only 8.00

Credit card bookings: http://www.trybooking.com/JYCA (30c fee applies)
Or
Pay by direct deposit to:
Melbourne University Credit Union
BSB: 803 143
Account number: 14301310

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