



Christian Meditation with Children and Young People: A Lifelong Gift

A workshop for principals, teachers, parents and parishes

Children and young people today are exposed to adult pressures and the addictions of digital entertainment at very early ages. Meditation simply and immediately helps them to cope and survive these forces by becoming more fully anchored in the depths of their being. Teachers notice the benefits very quickly in classes and schools where meditation becomes part of the regular experience of the children. The children report that they like to meditate in their own time. The 'story of silence' unfolding through our work of teaching meditation to children in twenty countries within the World Community highlights the importance of principals, teachers, parents and parishes in passing on – through the wisdom of Christian Meditation – the inestimable gift of this prayer of silence and stillness in a fragmented and distracted world.



**Laurence
Freeman
OSB**



...is a Benedictine monk and the spiritual guide and Director of The World Community for Christian Meditation an ecumenical, contemplative community.

An international speaker and retreat leader he is the author of many articles and books including, *The Selfless Self*, *Jesus: The Teacher Within*, *First Sight: The Experience of Faith*, *Beauty's Field* and his latest book *Good Work*. He leads the teaching of meditation to children and students as part of the recovery of the contemplative wisdom tradition in the Church and in society at large.

Fr Freeman as Director of *Meditatio*, the outreach program of the community, engages with the secular world on the themes of Education, Mental Health, Business, Addiction and Recovery, Medicine and the Environment. He has been teaching an MBA course on *Meditation and Leadership*, at the School of Business, Georgetown University, Washington DC, and has led the course on *Health & Meditation: Healing From the Centre*, at the Royal College of Physicians of Ireland.

Monday 7 Oct, 2019

Amora Hotel Riverwalk Melbourne,
649 Bridge Rd, Richmond 3121

9.30am – 3.30pm

Cost: \$120 pp

Access: Tram 48 or 75 along Bridge Rd, alighting at Stop 22.

Car Parking under the Hotel. Enter via River St. Discounted rate \$10 per day for Conference attendees.

Accommodation: For those wishing to book accommodation at Hotel Amora Riverwalk a discounted rate of \$211 per night (inc Breakfast) is available to Conference participants.

Those wishing to stay can contact reception on 03 9246 1200 or res@amora.melbourne to make a booking. Cite name 'World Community for Christian Meditation'. The special rate will be available until **Sunday 22 September 2019**. All accommodation is subject to availability.

