



### ***'On the Edge'***

***(Facilitators: Graeme Garrett and Jan Morgan)***

Does the beauty of the natural world open your heart? Do you feel disturbed by talk of climate change? Do you push these feelings to the edge, hoping the polar ice is not really melting (at least not soon)? Do meditation, prayer and silence become a retreat from reality, rather than deepening our connections with it? These interactive workshops will offer a contemplative space for exploration, meditation, silence and practising attention in nature. Pre-reading from the facilitators' book will be sent by email. There is no cost for participants, and attendance certificates will be available for professional development purposes.

**Thursdays 29 August, 12 and 26 September, 10am to 12noon**

No cost but please let us know if you are coming: [bookings@wellspringcentre.org.au](mailto:bookings@wellspringcentre.org.au)