

# “Towards Stress Free Living: Cultivating Stillness”

**2018: Fri 23 March** (arrivals mid-afternoon)  
- **Sun 25 March** (departures mid-afternoon)

**Venue:** Bolitho House, Tugalong Road, Canyonleigh  
presented by **The Theosophical Society in Australia**



**Most people lead busy lives today, with little time to go within. Join us in the beautiful Southern Highlands for an opportunity to become better acquainted with the meditative process, during two days of inner attunement and discovery. This event is for beginners and more experienced meditators alike.**

**TS members and non-members are welcome to attend this rescheduled event. Perspectives on meditation will be shared, along with a number of meditational practices which are designed to help participants become quieter and more receptive to the still voice within.**

**Cost:**

**members** \$125 (twin share)  
or \$150 (single room guaranteed)  
**non-members** \$150 (twin share)  
or \$210 (single room guaranteed)

**Presenters:**

**Linda Oliveira** (National President), **Pedro Oliveira** (Education Coordinator), **Brian Parry** (former National Lecturer, TS in Australia) and **Marie Bertelle** (experienced meditation leader)

**Registration forms:**

[www.austheos.org.au](http://www.austheos.org.au)

**Registration deadline:**

Fri 9 March subject to availability of places

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