

Mindfulness Weekend Retreat

with Mal Huxter, Clinical Psychologist

When: Saturday 7th October - Sunday 8th October

2 Day Retreat | 9:00 am - 4:30 pm

Venue: Reflections Lake Cooby - 121 Loveday Road, Geham

Event Description:

MindWare Psychology and Reflections Lake Cooby are inviting you to join us for a weekend of learning and renewal with guest speaker, **Mal Huxter - Clinical Psychologist**. Mal is a well-known Mindfulness trainer with many years of practical experience and knowledge. Mal draws on his experience as a Clinical Psychologist and his background as a Buddhist monk, to offer a weekend retreat that is practical and grounded in contemporary evidence based mindfulness practice.

Retreat Tickets:

- Early Bird Registration \$250
- Saturday ticket only \$125
- Sunday ticket only \$125

Includes morning tea, lunch and afternoon tea

Accommodation:

Reflections is a luxurious facility built into the natural bush environment overlooking Lake Cooby. All accommodation options provide a perfect combination of nature and comfort with spectacular views of Lake Cooby and the natural landscape.

- Overnight accommodation is available at Reflections Cooby Dam in luxury Glamping tents.
- Enquires and bookings can be made by contacting administration on 4696 6244 or email info@coobyreflections.com.au
- Discount available for course attendees (25% off) \$75 per person

