



OPEN THE HEART AND STILL THE MIND:
Containment through Meditation
3-part course (including an overnight silent retreat)

12 November – 3 December 2016

This 3-part course, suitable for beginners and seasoned practitioners, explores the ways in which meditation and the wisdom of Buddhist psychology provide the emotional containment required for an experience of spiritual and psychological freedom.

The **first half-day morning retreat on Saturday 12 November** will introduce the practices that establish a grounded and embodied awareness that enable us to discover a safe inner refuge. This will be followed by the **overnight weekend retreat at Mont Fleur (near Stellenbosch) from Saturday 19 to Sunday 20 November**, during which we will discover the healing potential of connecting with ourselves in a contained and nurturing space of extended silence. Our meditation practice, which will include guided meditations, qigong movement meditation and optional yoga will be supported by Buddhist teachings which profoundly illuminate ways to understand the true nature of the self and reality.

The **next morning retreat on Saturday 3 December** will conclude this process with an exploration of ways to integrate the silent retreat experience into daily life.

Please note: The overnight retreat can also be attended separately from this course. Please see (<http://www.suecooper.co.za/event/containment-through-the-silent-space-of-retreat/>) or email sue.stillmind@gmail.com.

CPD accreditation for health, mental health and allied health professionals:

3-part Course: 18 points (15 general and 3 ethics CEUs)

Venue: Saturdays: 12 November and 3 December @ Somersault House, 57 Grove Ave, Claremont

Times: Sat 12th Nov & 3rd Dec: 9:30am – 12:45

Overnight weekend retreat venue: 19-20 November @ Mont Fleur Conference Centre, near Stellenbosch

Times: Sat 19th @ 9am for 9:30am – Sunday 20th @ 2pm

Total Cost of Course: Course fee plus required pre-course individual session fee for newcomers.

Course fee (inclusive of the 2 Saturdays plus the overnight retreat):

Single en-suite retreat accommodation: R3950

Shared en-suite retreat accommodation: R3600 per person

Individual session fee: R650 (86205 code) for a required pre-course 50 minute individual session or R500 for 30 mins (86203). The individual session is fully covered by medical aid.



Sue Cooper (www.suecooper.co.za) is a Clinical Psychologist with extensive experience as a psychoanalytic psychotherapist, working in private practice in Cape Town since the early 1990s. She has a long-standing interest in the interface between psychological and spiritual approaches to self-discovery and inner healing, and has attended Buddhist meditation retreats, mainly in the Theravada tradition, for over 30 years, both in South Africa and at Gaia House in the UK. Sue has been inspired by the teachings of [Ajahn Chah](#) of the Thai Forest Tradition, and is deeply grateful to her primary teachers: the late [Godwin Samararatne](#), [Kittisaro](#) and [Thanissara](#), [Ajahn Sucitto](#) and [Stephen and Martine Batchelor](#).

Sue has a particular interest in exploring how our practice enables us to embrace our humanness, integrating love and loss in our lives, so that we can live and die with compassionate awareness.

I offer weekend and longer retreats throughout South Africa at [Bodhi Khaya](#), [Temenos](#) and [Mont Fleur](#) in the W. Cape, [Dharmagiri Insight Meditation Centre](#) and [The Buddhist Retreat Centre](#) in KZN and [Emoyeni Retreat Centre](#) in the North West Province, as well as 6-8 week 'Open the Heart and Still the Mind' courses, on-going weekly groups and monthly half-day/day retreats in Cape Town.
