



Open the Heart and Still the Mind: Finding a Safe Home Within

5 May – 9 June 2018
6 week course, including a daylong retreat

“Open the Heart and Still the Mind” courses are an integration the wisdom of Buddhist psychology and meditation, a powerful practice for deepening our awareness of the present moment and developing a more compassionate relationship to ourselves and others.

This 6 week course consists of 5 Saturday morning retreats at Somersault House in Claremont and a daylong retreat at Mont Fleur near Stellenbosch on Saturday 19th May.

In a contained and nurturing atmosphere, we will explore different ways to free ourselves from the habitual, fear-based beliefs and patterns which keep us trapped in a state of suffering. We will cultivate the conditions for understanding, inner calm and balance to arise through a combination of meditation, self-reflection and psychological inquiry. Each session will include a meditative movement practice – either qigong (chi kung), an ancient gentle movement meditation or walking meditation, both of which greatly enhance our experience of the integration of body, heart and mind. There will be an opportunity in each session for analytic reflection, as well as for contemplative silence, providing an experience of both the psychological and meditative approaches to inner healing and transformation.

This course is open to newcomers as well as experienced practitioners. No previous experience of psychotherapy or meditation is required, but if you are involved with either or both, this process will support and complement that work. The course requires an intention to attend all sessions and payment is required for the course as a whole. The dates outlined may be subject to change, due to unforeseen circumstances and any sessions cancelled by Sue will be rescheduled

CPD Accreditation applied for: 15 General CEUs for the half-days plus 5 General CEUs for the daylong retreat.

5 Saturday morning retreats:

Dates: 5, 12, 26 May; 2 & 9 June

Time: 9:30am – 1pm

Venue: Somersault House, 57 Upper Grove Avenue, Claremont

Cost: R3500 for the 5 Sat mornings (partially covered by medical aid) plus a 50 min individual session, fully covered by medical aid, before or during the 6 weeks.

Banking Details:

Name: S.G. Cooper
Cheque Account: 50170371576
First National Bank, Rondebosch
Branch Code: 201509
Reference: your name & May Course

Daylong retreat:

Date: Saturday 19 May 2018

Time: 9:00 for 9:30am – 4pm

Cost: R1050/R1100/R1200 (Food and Venue: R450 and Teacher's fee R600/650/750)

Whilst the full fee is greatly appreciated, the sliding scale offers you a reduction if you need it. If you are attending the 6 week course, the fee is R1000 (Food and Venue R450 and Teacher's fee R550).

Deposit: R450

Please see full details [here](#) and please note that this payment goes to Stillmind Retreats.

Banking Details:

Account Name: **Stillmind Retreats**
Cheque Account: 62506345637
First National Bank, Rondebosch
Branch Code: 201509
Reference: Your name & 19 May

Total cost of course, including the daylong retreat: R4500

A **deposit** of R1000 is required to confirm your place, R500 of which is a non-refundable booking fee. The balance may be paid in installments.

Course Cancellation policy: Although individual circumstances will be taken into account, the following applies to all bookings:

Less than 2 weeks before course: Unless your place is filled, R750 of the deposit is non-refundable.

After start of course: Full course fee is due.

For further details, please email sue.stillmind@gmail.com or visit www.suecooper.co.za