



Open the Heart and Still the Mind: From Bracing to Embracing

**August -September 2016
Saturday afternoon course**

CPD Accredited: 15 General & 3 Ethics Points

This 6-week group process, facilitated by clinical psychologist Sue Cooper, **integrates 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.

In a contained and nurturing atmosphere, we will explore different ways to free ourselves from our fear-based beliefs and patterns that cause us to brace against life, so that we can discover the healing and transformation that are possible when we learn to embrace our experience. We will develop understanding, inner calm and balance through a **combination of meditation, self-reflection and psychological inquiry**. Each session will include 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.

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.

Saturday afternoons: 13 August to 24 September

This course consists of **6 weekly sessions in August and September**

Dates of course: 13, 20 and 27 August; 3, 17 and 24 September

Times: Saturdays @13:15 for 13:30pm - 16:45pm

Venue: Somersault House, 57 Grove Avenue, Claremont

Course fee: R3000 for 6 Saturdays (6 x R500), payable upfront or in monthly instalments by end Sept 2016 (86311 code, partially covered by medical aid).

Sliding scale: R2550/2700/2850/3000 available to those who have already attended a course or are part of a weekly group.

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

Individual session fee: R650 (86205 code) for a required pre-course 50-60 minute individual session. The individual session is fully covered by medical aid.

A **deposit** of R750 is required to confirm your place on this course, which will have limited spaces.

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, the full R750 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

Banking Details:

Name: S.G. Cooper

Cheque Account: 50170371576

First National Bank, Rondebosch

Branch Code: 201509

Reference: your name and surname please



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 Samaratne](#), [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.

Sue offers 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.
