

# Clear minds for CFA fundraiser

By Kath Gannaway

THE Gawler Foundation is aiming to raise at least \$10,000 for the local CFA with a special meditation workshop at Yarra Junction on Saturday 21 March.

The workshop is a practical response to the stresses experienced during the bushfires, and an opportunity to assist the local fire brigade whose volunteer members were on the fire fronts in February.

It will held at the foundation's Yarra Valley Living Centre and offers a chance to relax, unwind and experience directly key meditation techniques introduced and led by Dr Ian Gawler.

Dr Gawler met with Gladysdale brigade members Les Hart and Dennis and Yvonne Cope last week in the lead-up to the workshop where they discussed some of the issues affecting emergency service members and the wider community during and after the fires.

"The bushfires have been deeply distressing and they highlight how stress can affect our peace of mind and even our health," Dr Gawler said.

"For many, quite naturally, the anxiety, sense of loss suffered and the ongoing stress of uncertainty is playing heavily on their minds.

"This is an opportunity to take a deeper breath, relax a little, learn new skills or rekindle old ways of coping," he said.

The day will not only benefit



**Dr Ian Gawler spoke last week with (from left) Gladysdale CFA captain Les Hart and members Dennis and Yvonne Cope at the Yarra Valley Living Centre.**

those who attend, but will support the local CFA.

All Gawler Foundation staff are volunteering their time and the costs will be covered by The Gawler Foundation with every cent raised going to the CFA.

Donations to the foundation have made opportunities available for people from the Yarra Valley who would like to attend the workshop but who may not be able to do so due to financial constraints.

Dr Gawler said the donations

had been made specifically to assist people in that situation.

The workshop is a wonderful opportunity to meditate with one of Australia's leading exponents of mindfulness-based stillness meditation and aims to assist people to let go of things they cannot change and effectively deal with what they can change.

The cost of the workshop is \$90. To book or for more information phone The Gawler Foundation on 5967 1730.