



# EDUCATION, COURSES & CLASSES

A MAIL NEWSPAPER ADVERTISING FEATURE

# Meditation is in the balance

ROBYN Jones wants the community to drop any assumptions they have about meditation.

Robyn, a therapist at the Gawler Foundation, has been teaching people how to heal and prevent illness through meditation for more than 25 years.

She experienced and learned the techniques of spiritual health and well-being in India and has been practicing and teaching over the years.

"I have a strong interest in meditation, healing and transformation, and studied counselling and many complementary medicines," she said.

Robyn has been at the Gawler Foun-

ation for nearly five years and is keen to involve the community in weekly sessions of Mindfulness Meditation.

"It has been five years since we offered it to the community," she said.

"We're wanting to expand on what we make available for more of a wellness focus."

Robyn said she believes strongly in the power of meditation with health, and physical benefits can be seen as it lowers the heart rate, lowers cholesterol, gives a sense of calm and helps regulate stress.

"There is no such thing as failure in meditation," she said.

"Many people think to meditate properly you have to stop all thoughts but that is a myth.

"You find the stillness and peace and not be bothered by the thoughts."

Robyn said mindfulness meditation is being embraced by doctors in the medical world.

The sessions will be held on Tuesday nights from 7pm to 8pm in The Sanctuary at the Yarra Valley Living Centre, 55 Rayner Court, Yarra Junction.

Spaces are limited and cost is \$10 per session, \$8 concession. Book to reserve a place on 5967 1730.



Robyn says meditation can keep people balanced and calm. 61783