

# Meditate for Life

With StJohn & Alexia Miall



**8 week course**



*Learn how to Meditate or re-establish and deepen your practice.*

*Experience the practical value of Meditation and how it can benefit your everyday life.*

In a world that is becoming increasingly complex, pressured and stressful it's important we find a way to maintain some equanimity... something that will help counter-balance the busy, demanding and challenging life that so many of us lead. This is particularly true if we are going through a personal crisis.

Once a week for 8 weeks we will establish a basic Meditation practice, and then build on this practice by introducing a number of Meditation techniques that can be used in different situations. There will be plenty of time to work with building a solid practice and explore what is actually happening physically, mentally, emotionally and spiritually while you are meditating.



**Your Meditation Teachers**  
**StJohn Miall & Alexia Miall**



StJohn and Alexia have accumulated between them over 50 years of Meditation teaching and practice, and have taught 1000's of people all over Australia how to Meditate and have recently joined the Quest for Life team of facilitators.

## The Benefits

Meditation has proved to be one of the most effective vehicles for achieving balance. An easy-to-learn, daily meditation practice that can be done almost anywhere will help you deal with stress and achieve more clarity and wellbeing.

Research covered in the Meditation course has confirmed the many benefits of Meditation, including:

- Relief from disturbed sleeping patterns
- Improved effectiveness & productivity at work
- Greater creativity and problem-solving abilities
- Improved Emotional Intelligence
- More autonomy & less reactivity
- Stress relief
- Improved mental capacity
- Healthier old age
- A greater sense of inner peace & contentment

**Venue:** Awareness Institute  
Suite 1/ 20 Clarke St, Crows Nest

**Date:** 8 Monday nights  
from 28<sup>th</sup> June to Monday 16<sup>th</sup> August

**Time:** 7:00pm – 9:30pm

**Cost:** \$295  
\$195 Concession

To book online go to:

[www.questforlife.com.au](http://www.questforlife.com.au)  
or call 1300 941 488

The **Quest for Life** Foundation  
Founded by Petrea King